BBC

goodfood

Middle East

September 2015
DHS15 | QR15

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SCHOOL'S BACK IN ACTION!

Quirky lunchbox ideas and child-friendly recipes

Packed with protein
Don't underestimate the power of protein

Treat time
Scrumptious summer fruit desserts

Ways with coffee
More than just a caffeine-kick

Pistachio, courgette & lemon cake, p34

INTRODUCING THE ALL NEW



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Welcome!



There's a fantastic air of excitement around the *BBC Good Food Middle East* office this month, as news of a major partnership between the inaugural BBC Good Food Show Dubai and us surfaces! It all kicks off on December 16, when the glittering *BBC Good Food ME Awards* (pg23) marks the official opening of the show – and, if that's not news enough to have you on the edge of your seat – celebrity chefs including Paul Hollywood, James Martin, Andy Bates and Silvena Rowe have already been confirmed as VIP guests to the 3-day culinary celebration.

Continuing the excitement, this month's 'back to school' issue brings focus to child-friendly recipes. Last month we hosted a fabulous Food Club event with Spinneys (pg92), which saw a great group of kiddies come together to create their very own lunchboxes (*School's in*, pg42). Personally, not having any children myself, I was really surprised to see the kids show so much enthusiasm about food – they genuinely cared and understood the importance of a balanced diet. Speaking about the importance of kids' nutrition (*But, I'm hungry*, pg48), Assistant Editor, Surena, caught up with celebrity chef, Jason Atherton in August who shared experiences of cooking with his children at home. He spoke of the value it holds for kids to learn kitchen basics from an early age, and how making cooking a regular family affair instills an encouraging culinary habit growing up. We've got plenty of fun recipes to try with the little ones this issue, why not give some a try? Don't miss the mouth-watering *Southern Fried Chicken recipe* on pg37, or the *Delicious Homemade Pizza recipes starting* on pg53 – both perfect for treating the family with, and much more guilt-free than a greasy takeaway!

Have a super September, everyone!

Sophie
Acting Editor

@SophieLouise_ME @BBCGoodFoodME

Editor's picks



I love avocado and this recipe is a must try! p59



Perfect in pastel, how cute is this pot? p13



Our designer, Odilaine, already tried this recipe and says it's delish! p37



BBC goodfood Middle East

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Our recipe descriptions

V Suitable for vegetarians
❄ You can freeze it
Not suitable for freezing
Easy Simple recipes even beginners can make
A little effort These require a bit more skill and confidence – such as making pastry
More of a challenge Recipes aimed at experienced cooks
Low fat 12g or less per portion
Low cal 500 calories or less per main.
Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids
1 of 5-a-day The number of portions of fruit and/or veg contained in a serving
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients
GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:
P Contains pork
Contains alcohol

Store Directory

Contact numbers for outlets featured in this issue

Bloomingdale's Dubai: 04-3505464
Carrefour: 04-80073232
Fiore Rosso: 04-2517868
Galeries Lafayette: 04-3399933
Jashanmal: 04-3471715
Lakeland: 04-3236081
O Concept: 04-3455557
Spinneys: 04-3555250
Tavola: 04-3402933
Villeroy & Boch: 04-3399676
Waitrose: 04-4340700
Zara Home: 04-3453373

Note: Prices in Qatari Riyals are approximately the same as UAE Dirhams.

BBC goodfood Middle East

Meet our Editorial Panel

The exclusive group of experts who are part of the *BBC Good Food ME* family:



Uwe Micheel A veteran chef, Uwe has been cooking since he was 12, and in the interim 30 odd years, he has picked up numerous awards, and has been serving as President of the Emirates Culinary Guild since 1999. A member of several international chef's groups, he is one of the UAE's most respected culinary personalities.



Michael Kitts The Director of Culinary Arts at the Emirates Academy of Hospitality Management has hung up his chef's whites, wearing which he had spent over 20 years working at various leading establishments in London and won numerous accolades, to turn mentor and teacher to young aspirants of the hospitality industry in the UAE's leading training centre.



Kate Fisher is a highly qualified and experienced nutritionist who has been working in the UK and the Middle East with various hospitals and clinics since the 1980s. A trained microbiologist, and graduate of Nutritional Medicine from University of Surrey, she has, among other things, set up a clinic in Harley Street, and worked with private clinics and food brands, as a nutrition consultant.



Andy Campbell A Scottish celebrity chef who now calls Dubai home, Andy has trained at Westminster College, and previously worked at various restaurants, including Michelin-starred ones, and also ran his own restaurant in London, before moving here to work as a private chef for exclusive events. He currently also consults with Arabian Health Care in Ras al Khaimah.



Tomas Reger is an award-winning freelance chef and food consultant who has been based in UAE for over eight years. Originally from the Czech Republic, he started his culinary career in London, working his way up from apprentice to head chef in a Chinese restaurant within a year, before moving to Dubai. As founder of Tomas Reger Food Consultants, the respected chef works on bespoke restaurant projects and a wide range of events.

Menu planner

Whip up a delicious meal with recipes from this issue

Decadent family feast



Sweet pepperonata salad, p33



Potato, spring onion, dill & cheese frittata, p43



Greek lamb with smoked aubergine & minty broad beans, p60



Frozen trifle ice cream cake, p72

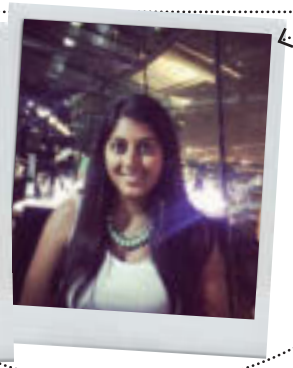
Behind the scenes

Take a look at what the ***BBC Good Food ME*** team members got up to this month!



Acting Editor, Sophie cooked up a storm and showed off her sushi skills at Umi, Waldorf Astoria Ras Al Khaimah!





Assistant Editor, Surena enjoyed an enchanting evening aboard Bateaux Dubai.

BBC Good Food ME **checked out the swanky new opening, Novikov Dubai, at the Sheraton Grand Hotel.**

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Your say

We love to hear from you!

HOME DINING



August has been filled with friends and family visiting from abroad, but rather than taking them out every evening for dinner as we often tend to do, we were able to make tasty dishes at home that didn't leave our pockets empty thanks to your *Budget dinner party recipes*. The squashed rosemary potatoes went down a treat – especially with the children – and we couldn't believe just how much could be made at home for so little money.

Erica Lambert

HAPPY HOSTING



I always forget how much of a nightmare hosting guests can be until it comes round to planning the next gathering, so when I read '*How to throw a fabulous party*' I realised that just a little forethought can go a long way. From simplifying food prep to creating a music playlist for the evening, *BBC Good Food ME* has definitely helped me prepare for my next one.

Sofie Larsson

COOKING, FROM SCRATCH

I've never been keen on cooking and usually rely on oven meals or takeaways to save time. However, I thought I would start learning to cook basic meals at least once a week with the help of your website (www.bbcgoodfoodme.com). So far, I've made some pasta dishes, a stir fry and the 'brilliant banana loaf'. I took the banana loaf into work and everyone was both surprised and impressed – it was easy to make and tasted much more delicious than the slices I normally buy from coffee shops. Thank you for helping me!

Therese Ortega

KEEPING COOL

Making the Lime & coconut ice lollies from the August issue with my two daughters was lots of fun, we love the tropical taste from the lime and coconut blended together. They really are perfect for the hot, humid summertime in Dubai. Thank you for sharing such an easy and tasty recipe! They are fantastic!

Ayia Sheikh



The winner of the Star Letter, gets a **DHS1,000 SHOPPING VOUCHER FROM TAVOLA**, the leading retailer of European products and essential items for the kitchen. Tavola is a one-stop-shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, La Creuset, and Zwilling kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

Star Letter

KITCHEN CONSCIOUS

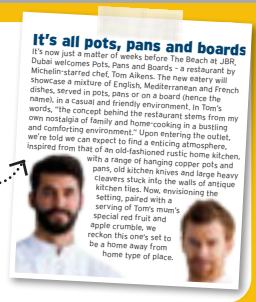


I was surprised to see how simple changes in the kitchen can make such a huge impact with *BBC Good Food ME's* feature about ways to be a greener cook. Previously, I would often buy far more than necessary when I shopped for groceries at the supermarket – with leftovers often being wasted – and left pans uncovered when boiling rice, pasta or vegetables. However, since reading your article I've started incorporating the small changes suggested and have noticed a substantial reduction in waste by only buying what I need at the time and I've started making delicious soups with any leftover ingredients I do have! I've also started pre-boiling water in the kettle before cooking on the stove and have fished out my old stackable steamer from the cupboard to steam my veggies in. The most simple, but feel-good I've changed is putting my overflowing carrier bag collection to good use by taking several with me every time I do go to the supermarket – it's astonishing to think what a difference this could make if everyone did it. Thank you so much for my much-needed kitchen wake-up call!

Shreya Mukhi

From our social media pages

- Hi Good Food Dudes and Dudettes! Just wanted to drop by to say that I really enjoy your work :-). Very fresh, relevant and inspiring. Keep up the good work!
 – FoodSheikh
- Have you read about us in this month's @BBCGoodFoodME? Not long now!
 – @potspansnboards
- Gorgeous cover
 – @foodienfabulous



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:

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@bbcgoodfoodmiddleeast

Or, you could write to us at:
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Grosvenor Business Tower, Tecom, Office 804
PO Box 13700, Dubai, UAE.

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Foodie file

What's hot and happening in the culinary world, here and around the globe.


P.I.Dubai

DINE IN THE CITY

THREE NEW DINING DESTINATIONS

✳ The Melting Pot has now opened its doors at Dubai's chic Boxpark, Al Wasl Road, Jumeirah. The first of its kind in the city, the restaurant is centred around the fondue experience whereby diners can enjoy Alpine Swiss, Quattro Formaggio and Spicy Fiesta Cheese varieties, plus many more including scrumptious sweet options too! Open daily from 10am to 12am. For reservations, call 04-3431020.

✳ In collaboration with renowned British Chef, Darren Velvick, The Croft is expected to open at Dubai Marriott Harbour Hotel & Suites early this month. A unique and relaxed dining concept, the restaurant will reflect Velvick's passion for food and will see him serving dishes inspired by his home country – England – along with family recipes and unique additions too. Expect an ever-changing menu, dependent on both the Chef's preferences and a strong focus on which ingredients are in season. Unlike many restaurants headed by notable international Chefs, you'll find Darren Velvick socialising with diners and in the kitchen too! Open daily from 6pm to 1am. For reservations, call 04-3194794.

✳ Indulge in divine Italian fare at the newly-opened P.I.Dubai located in The Dubai Mall. Offering Italian soul food such as pizza dough gnocchi, tagliatelle mac and cheese and hot caramel cake with mint and sea salt flakes. The eatery has joined forces with award-winning Chef Joseph Truex to create a culinary niche in the city with a host of imaginative dishes. Open daily from 10am to 1am. For reservations, call 04-4471757.

"Food is our common ground, a universal experience."

– James Beard

DUBAI *GETS SOCIAL*

This month marks the opening of Michelin-starred Chef Jason Atherton's debut restaurant in the region, Marina Social. Reflecting Jason's signature laid-back dining style, the restaurant will showcase a selection of tapas-style dishes and innovative creations specifically made for the city under the leadership of Executive Chef Tristin Farmer. Jason Atherton says, "Dubai has grown to be a vibrant, cosmopolitan city and evolved into a true foodie haven. It's such a great time to be opening our first Social restaurant in the region and in such an incredible location."



SOUP-ERB GADGET

This handy and super-sleek gadget is perfect for making fresh, aromatic soup at home. Bypassing the hassle of pots, pans, blenders and more, simply pop your ingredients into the Tefal Easy Soup and leave the blending and cooking to the nifty machine. Ensuring to keep the contents warm, the soup-maker is double-insulated and also includes a 'keep warm' option that works for up to 40 minutes. Worried about the washing up? Don't fret because it even offers an 'easy clean' setting. You'll soon be having soup for supper – and every other meal! Dhs600 at Lakeland.

Compiled by SURENA CHANDE | Photograps SUPPLIED, SHUTTERSTOCK.COM

DID YOU KNOW?

Due to increasing concerns over the high sugar content of single-flavour juices, sales have declined by over half a billion litres between 2013 and 2014 according to a report by Canadean. However, sales of premium mixed and unusual fruit and vegetable juice combinations – i.e. fresh, cold-pressed juices and blended smoothies – have risen by around 100million litres globally in just three years from 1.6 to 1.7billion litres.

A first for Dubai!

We're extremely excited to announce that the BBC Good Food Show is coming to Dubai for the very first time. Bringing celebrity Chefs, culinary inspiration and 25 years of heritage from the UK, the Winter Edition of the show will be held from 17-19 December. A host of everyone's favourite elements of the UK shows will be brought to the city including the 'Supertheatre', shopping from seasonal and regional producers and celebrity Chefs Paul Hollywood, James Martin and Andy Bates, along with Dubai-based celebrity Chef Silvena Rowe!

Visit bbcgoodfoodshowdubai.com for more information and tickets.



TICKING ALL THE RIGHT BOXES

Takeaways are a quick-fix for when you return home from work feeling famished, but what if you could whip up a meal and have it on your plate in less time than it takes for your junk food to arrive? That's where Cook-a-box have come to the rescue! Head to the website, browse the weekly recipes and add three of your favourites to your basket – with past recipes including Honey Chili Chicken, Pesto Gnocchi with Broccoli and Gremolata Crusted Dory, you're spoilt for choice. You'll soon receive a box filled with the ingredients and recipes for the three meals on a day and time slot of your choice, so all that's left to do is a little preparation and cooking. The ingredients are bought fresh on the day of delivery, though you'll need a few simple essentials in your kitchen cupboards: sugar, salt, pepper, olive oil and butter. Get started by signing up at www.cookabox.com and becoming a subscriber, the service costs Dhs190 for three meals for two people per week or Dhs330 for three meals for four people per week.

FOODIE DATES FOR YOUR DIARY

These fantastic foodie events have caught our eye this month and we would definitely recommend giving them a visit.

Dubai's beloved Ripe Food and Craft market is returning for one night only at a pop-up event in BurJuman Centre, Dubai. Allowing you to beat the heat and still stock up on your fruits, veggies and local artisan offerings, the market takes place on Thursday 17 September from 5pm to 10pm on the third floor of the Mall.

Another exciting addition is La Porte des Indes' 'street food trail', with the dining destination inviting you to celebrate incredible Indian street food. Enjoy a culinary journey from the live chaat station – with unlimited servings – through the trail as you feast on an array of culinary delights such as pakoras, parathas, desserts and drinks from Dhs89. Wednesday 16 September to Friday 25 September from 6.30pm to 11.30pm. For bookings, call 04-4388610.

#What's trending

#WeWantPlates

If you're bored of your food being served on chopping boards or sick of slate being used for plates, this hilarious Twitter handle and social media hashtag @WeWantPlates/#WeWantPlates is worth a browse. With numerous diners telling tales and snapping pictures of their restaurant woes, the campaign encourages restaurants to stop dishing out food on ridiculous utensils and revert to using plates again. Our favourites include chips arriving in shovels, lunch served on logs and dinner in a dog bowl – yes, really! Have you spotted any silly serving apparatus around the UAE? Send us your pictures and stories to our social media channels with the hashtag #WeWantPlates.



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Perfect Pastels

These pretty pieces will brighten up your kitchen



Mary Berry Apron, Dhs130, **LAKELAND**



Royal blend tea loose tea, Dhs100, **FORTNUM & MASON**



Mason Cash measuring cups (3 pieces), Dhs115, **LAKELAND**



Cake stand and cutter, Dhs12, **HOMES R US**



Cup, Dhs34, **RICE HOMEWARE**





Le Creuset pot, Dhs1,500, **BLOOMINGDALE'S HOME**



Orange cookware set (8 pieces), Dhs670, **DARI HOME**



Pink plate, Dhs7, **DAISO**



Chair, Dhs6,620, **ETHAN ALLEN**

Compiled by SURENA CHANDE | Photographs SUPPLIED





Brunch with a view

Escape the hustle and bustle of city life and enjoy Friday afternoons at Dubai's very own oasis, where The Address Montgomerie Dubai serves up gourmet food in a relaxing and fun environment.

Looking to escape that manic 'city feel' for a few hours without having to venture more than a short taxi ride away? The Address Montgomerie Dubai is the go-to place on a Friday, where gourmet brunch can be found served at Nineteen from 12.00pm to 3.30pm.

Offering nothing less than an exciting blend of international flavours, there is something for everyone at this brunch – all in an idyllic setting perfect for a get-together with friends or the family, overlooking the palatial homes of the Emirates Hills community from the exquisite terrace and dining room.

Served buffet style, the culinary team at Nineteen collaborate handsomely with a wide-range of worldly cuisines, to present a fabulous selection of starters, mains of both seafood and meats, and of course, irresistible desserts. It's safe to say this is not a brunch you'll leave hungry.

Suitable for all ages, brunch at The Address Montgomerie Dubai promises to be nothing less than a unique, chilled-out experience for everyone – you're sure to leave with a smile!

NEED TO KNOW

WHERE? The Address Montgomerie Dubai
WHEN? Every Friday from 12.00pm until 3.30pm
THE COST? Just Dhs245 including soft drinks and freshly made juices, Dhs345 inclusive of household beverages or Dhs550 inclusive of household and premium sparkling beverages. Children between the ages of 6 and 12 will be given a 50% discount (subject to availability).

MAKE A RESERVATION:
Email on nineteen@theaddress.com or call 04-8883444

DON'T MISS: This brunch, which runs until December 31st 2015, or the chance to receive 20% off on your total bill from now until September 30th 2015, as well as a once-in-a-lifetime opportunity to win two return tickets to New York, London and Singapore as part of the 'Dine and Dream' offer – the dining promotion that treats you. See for more information: www.dineanddream.com.

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Here to help

All your culinary and décor questions answered.



Tomas Reger, independent chef and founder of Tomas Reger Food Consultants, addresses your cooking dilemmas.

Q How can I make my own frozen vegetables?



A. You can blanch or steam your vegetable selection – it is always better to focus on one variety at a time – until they are just tender to bite. Take them out and cool them in an ice water bath – a large bowl of cold water and ice cubes. Drain and dry them, then lay them out a tray that fits in your freezer. Once they are frozen solid, transfer the vegetables to a zip lock bag with a date. It's a great, convenient way to ensure you always have a side of vegetables to accompany meals.

Q What is the healthiest oil to cook with? I've heard about using butter and ghee, would you recommend these instead?

A. It depends on your cooking method. Olive and nut oils are great for cooler preparation, but for high-temperature cooking I use grapeseed oil as it has lower burning point and minimal added aftertaste. You can't really go wrong with butter as it adds flavour, but it burns easily so it's best to add this at a later stage. There has been a lot of talk about coconut oil, but there needs to be more studies carried out to prove the benefits. I avoid using it simply due to its aftertaste and much prefer utilising natural oils.

Q How can I make tender, but juicy lamb at home?



A. Depending on the cut of lamb you buy, you will need to adjust the cooking time to avoid over or undercooking. Fillet, rump, chops or leg of lamb should be served pink, while shoulder, neck and shank joints need to be cooked for much longer. Make sure that you let the meat rest for about 15 minutes in a warm place before cutting into it, this will also retain its juices.

Q I'm trying to cut down on my sugar intake, but still enjoy sweet treats. What are your thoughts on stevia as a substitute?



A. I believe in moderation and in real food and ingredients. If I am using sugar I tend to opt for the raw and unrefined variety or I'll use honey instead. If you still want to use sugar substitute, then stevia is probably your best option as it is derived from a plant. When buying Stevia check that the ingredients are natural, as there are often additives and preservatives added to ensure it will last longer on shelves.

Tom's ingredient of the month

Seabass – this fish is available all year round and has a sweet flavour that only requires simple cooking. Here's a quick recipe for a great dinner:
Ask the fish monger to clean the sea bass for you, but keep the whole fish with the skin on. Once at home, generously season the whole fish (about 800g) with salt, sprinkle with fennel seeds from the outside and lemon zest from the inside. Place it in a preheated oven at 120°C for about 12 minutes. Take it out and let it stand for 5 minutes. Drizzle it with olive oil before serving.



Follow chef Tomas @tomthechef cheftomasreger cheftomasreger

Compiled by SURENA CHANDE | Photographs SHUTTERSTOCK

DESIGN Q&A

Interiors expert Pavitra Pujary, founder of interior design firm Pure Coalesce, offers practical home décor advice.



Q My kitchen cupboards are becoming overcrowded, how can I save space?

A. Buy only as much as you can fit in your house. Every few months review the items in your cabinets, which gives you a chance to throw away old and unused items. See if you can allocate other spaces in your house for infrequently-used items. Try to maximize existing storage space by using hooks on the back of the cabinet doors or using serving trays to divide shelf space within a cabinet. Stackable vessels save a lot of space. Use the walls to install rods or slim shelves that you can hang cooking spoons or spices on. A magnetic knife rack on the wall can be installed, which frees up more drawer space. A cake stand on the counter is another way to store spices or oils.

Q How can I turn my child's room into a more social space for when they have friends over?

A. It's important for children to have ample free space in their rooms – especially in Dubai, where kids are mostly indoors during the summer months. Try to only buy furniture staples such as a bed, a wardrobe and a bookshelf. Leave plenty of floor space by utilising vertical storage spaces. Line walls with shelves for books and cubby storage. Try placing the length of the bed against the wall to avoid it taking up floor space, which allows you to place a rug in the centre of the room with a low table for crafts or play, but try buying tables with wheels so they can be moved. Have their toys and books on display and ensure that they are easily accessible. Promote independence by labelling the cubby holes, allowing them to clean up after themselves.



Flavours of the month

Our pick of the best restaurant offers, promotions and deals this month.



UMI, Waldorf Astoria Ras Al Khaimah

UMI, Waldorf Astoria Ras Al Khaimah

Discover Japanese culinary delights at Umi, the vibrant Teppanyaki grill and sushi counter restaurant located inside Waldorf Astoria, Ras Al Khaimah, where chef Yukitaka Kitade has introduced a new Kaiseki menu – a delectable art-like, multi-course Japanese meal, made using a collection of skilled techniques. Menu highlights comprise tuna tartar with caviar, pan-fried and thinly-sliced wagyu, giant king crab and much more. At Umi, diners can now also try their hand at becoming a sushi master, with Chef Kitade hosting creative master classes beginning in September. *For more information call 07-2035555.*



Peppercrab, Grand Hyatt Dubai

September 4 will see the launch of the 'Makan-San brunch' at Peppercrab and Sushi restaurants in Grand Hyatt Dubai. Chef Yapp and Chef Ryo have teamed together to create the new brunch offering that combines South East Asian and Japanese cuisines. Items on offer include fresh oysters, Singapore duck, assorted sushi and sashimi as well as gado-gado, laksa noodle and popiah live stations, which sit alongside the unlimited servings of the famous chilli mud crab. Every Friday from 12.30pm to 4.00pm, starting at Dhs249 per person including soft drinks and Dhs349 per person inclusive of house beverages. Children below six dine free and six to 12 year olds pay Dhs100. *Call 04-3172222.*

BUTCHA Steakhouse & Grill, JBR Walk

A new breakfast menu has been launched at BUTCHA, fit to fill those who wake up with a healthy appetite. Offering a selection of meaty favourites such as char-grilled New York striploin, served with fried eggs and steak fries, plus traditional light Turkish dishes like Tulum cheese and butter, fried sausage and sujuk, honey and Kaymak, grilled halloumi, and more. Other popular dishes include eggs benedict, scrambled eggs served with baby asparagus, wild mushroom and tomato, as well as omelette with a choice of toppings including sujuk, sausage, Tulum cheese, tomatoes and mushroom. Served every Friday and Saturday from 9.00am to 1.00pm. *Call 04-5530684.*

El Sur, Westin Dubai Mina Seyahi

Head to El Sur every Monday and indulge in mouth-watering, freshly-cooked paella for Dhs145 for two (and Dhs75 additional for every extra person), between 7.00pm and 11.00pm. And, for an additional Dhs100, three glasses of grape can be enjoyed. *Call 04-3997700.*

The Hide, Al Qasr Hotel

Launching this September, The Hide, inspired by America's modern meat outlets, is fronted by British chef Nick Cuadrado. Dry aged beef will be a focal point of the menu, alongside slow braises, roasts and confits – many of them carved tableside. Word on the street say dishes to look out for include the 1855 Black Angus hanger steak served with caramelised onion, roasted romaine and fried duck egg, plus the dry aged double-cut cowboy, rib eye on the bone with smoked confit garlic and banana shallots, plus Montreal gravy. Diners can also revel in the mixology creations made with ingredients fresh from the open plan kitchen.

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED





✳ Signature by Sanjeev Kapoor, Melia Dubai

Ideal for a special occasion or for a get-together with friends, Signature by Sanjeev Kapoor's new 'Terrace Grill Experience' is an intimate event aimed at groups of six people or more. From 7.00pm to 11.00pm, the chef will fire up the grill to cook a selection of vegetarian and non-vegetarian dishes, accompanied by some special Indian side dishes and salads. From Dhs99 with soft drinks and Dhs220 with three house beverages, this offer is available upon request. *Call 04-3868111.*

✳ Urban Bar & Kitchen, Mövenpick Hotel, JLT

If you're a fan of ribs, don't miss UBK's newly launched 'all you can eat ribs' night, available every Tuesday. For Dhs175, you can enjoy unlimited braised ribs, glazed in BBQ sauce, from 6.00pm to 11.00pm. *Call 04-4380000.*

✳ Prime68, JW Marriott Marquis Dubai

Whether for a quick business meeting or lingering lunch, Prime68 steakhouse is offering a 2-course menu from Saturdays to Thursdays for Dhs145 per person. Succulent dishes will be served from 12.00pm to 3.00pm, overlooking dramatic views of Dubai. *Call 04-4140000.*

✳ Na3Na3, The Address Dubai Mall

Dive into seafood extravagance at Na3Na3 and experience a lavish buffet to kick-start your weekend. Octopus carpaccio, salmon gravlax and smoked fish with fennel and mandarin are some evening highlights, all available for Dhs250 with soft beverages and Dhs300 with selected house beverages, from 7.00pm to 11.00pm every Thursday.

✳ La Parrilla, Jumeirah Beach Hotel

A family-style Friday brunch with Latin flair has made its debut at La Parrilla, taking diners on a culinary tour of Latin America. With dishes ranging from torta de quinoa and arepa de pato for starters, and perfectly-grilled meats and seafood for main course, accompanied by sides such as Brazilian-style baked black beans and roasted vegetables with salsa, all of which can be ordered as often as desired. A seasonal cheese platter finishes the meal, while desserts including dulce de leche with banana or acai and white chocolate cheesecake satisfy any sweet cravings. Every Friday, 12:30pm to 4:00pm, starting from Dhs325 with soft drinks and Dhs425 with house beverages. *Call 04-4068999.*

✳ Gaucho, DIFC

Steak lovers, this one's for you! Beginning at the start of September, Gaucho, one of the city's favourite Argentinian steakhouses, will begin hosting master classes. On September 15, a class entitled 'Infused Argentina Master Class' will showcase the ultimate Argentine infusions, from 7.30pm to 10.30pm, with the restaurant's executive chef, Jamie Robertson. *Call 04-4227898.*

✳ Amalfi, Le Royal Méridien Abu Dhabi

Showcasing Italian cuisine in Abu Dhabi, Amalfi offers a wide range of traditional dishes, homemade pasta, wooden oven-baked pizza and freshly made bread. Authenticity is prominent with original ingredients sourced from the southern coast of Italy and perfectly plated at the recently re-launched setting. *Call 800-101101.*

✳ Mango Tree, Souk Al Bahar

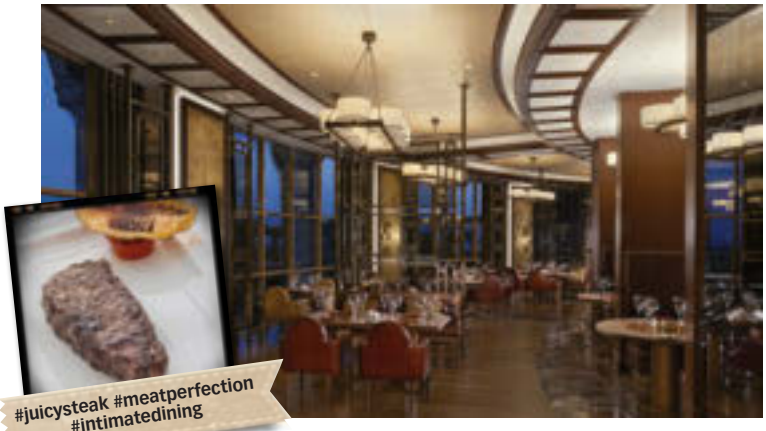
The 'laid back brunch' is back at the Mango Tree, with a brand new menu offering authentic Thai cuisine. Set against a backdrop of the Burj Khalifa and the Dubai Fountains, the brunch takes place every Friday and Saturday from 12.30pm to 4.00pm. Serving traditional Thai, prepare to indulge in delicious dishes such as duck confit benedict, goong yank takrai, signature tiger prawn jungle curry and the restaurant's well-known banana brownie. Costing Dhs249 with soft drinks and Dhs299 with house beverages. *Call 04-4267313.*



Tried & tasted

Each month, we review two of the city's top tables.

Date night



Where: Lexington Grill, Waldorf Astoria Ras Al Khaimah

What's it like: First things first – if you're a lover and a true appreciator of a cooked-to-perfection steak – visiting Lexington Grill is a must. From the moment you enter the restaurant, you're transported into an ultra-stylish, atmospheric setting; much like those you see in glamorous New York movie scenes after dark. The tastefully designed outlet wraps around in the shape of a horseshoe, with deep red and brown leather interiors – flawlessly complementing the marbled steaks and fine grape beverages on offer. But, the real experience begins when the restaurant's seasoned Sommelier arrives at the table to treat you to an aperitif of your choice, made in front of you.

Starters shortly follow, and with options including Alaskan crab cake, Atlantic smoked salmon, steak tartar, fresh burrata with tomato and more, you're spoilt for choice. Plus the added enticement of irresistible smelling meat flowing from the kitchen, it's hard not to over-order.

The real difficultly, however, comes at the main course. From U.S Dry Aged 'Great Plain's Certified Black Angus Beef, U.S Prime Greater Omaha' Black Angus Beef, to Australian Natural 'Kobe Style' Wagyu and beef short ribs braised for 12 hours, plus delights from the sea like grilled king prawns and Maine lobster, it's not an easy decision. I opted for the 'Kobe Style' Wagyu tenderloin, medium-rare. The delivery? Perfection – cooked faultlessly, with such divine, unique flavours that I chose to keep my black peppercorn sauce on the side.

Should you have room left for dessert (my dining partner and I 'managed' to share a delectable Baked Alaska), there's a sublime selection including classics like apple crumble and New York cheesecake.

My thoughts overall? Those who spend an evening at Lexington Grill will not just be served dinner, but treated to a culinary journey of taste, class and remarkable gastronomy.

Best for: An intimate dinner with friends or a loved one.

If you want to go: Around Dhs400 per person for three courses, excluding beverages.

- Sophie McCarrick



Where: Bateaux Dubai, Dubai Creek

What's it like: A grand affair, Bateaux Dubai has been a popular haunt for tourists and residents alike for years. Boasting views of the creek glistening with lights in the evening, this is the ultimate spot for special occasions and, of course, a romantic evening for two.

Paying close attention to every detail, from the food to the ambience, you are truly spoilt when aboard this glass-walled boat.

With a vast menu offering something for all tastes, it is clear to see Chef Arackampallyil Sanal's passion for fine, flavoursome fare. We experienced the Couples Package, which comes highly recommended for a date-night treat. Included in the marvellous evening is a freshly-prepared 5-course a la carte gourmet dinner, assorted canapés, palette-cleansers (the mango and raspberry sorbet is a real delight), dessert and house beverages – you'll be full to the brim. The offerings are truly international and weave in elements of regional cuisine. For starters, we enjoyed a selection of warm and cold mezze such as halloumi spring rolls and spinach fatayer, along with a confit of Scottish salmon with spiced crust served with rich Patagonian calamari. We were a little apprehensive about how we were going to consume several more courses, but with dishes as delicious as the ones on offer it was hard to resist.

For mains we indulged in a rich Australian Black Angus tenderloin with mushroom cream, beautifully complimented with goat's cheese ravioli and celeriac mousse. We also opted for a vibrant dish of fried couscous served with eggplant, purple sweet potato cream and red pepper sauce.

The desserts were incredibly impressive, and we chose a decadent chocolate fondant and a tangy mango cheese cake.

Perfect all-year-round, Bateaux Dubai provides an unforgettable evening of pampering worth experiencing at least once.

Best for: A magical evening for friends, family and couples.

If you want to go: Worth every dirham, the Couples Package is Dhs1,250 for two. Call 04-8145553.

- Surena Chande



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BBC goodfood Middle East AWARDS 2015

Celebrating the best in food from across the region, voting for the 6th annual awards is open in the run up to Dubai's most anticipated glittering ceremony on December 16, 2015 – marking the official launch of the first ever BBC Good Food Show Dubai on December 17 – 19!

VOTE NOW!

RESTAURANTS CATEGORY

- RESTAURANT OF THE YEAR - DUBAI*
- RESTAURANT OF THE YEAR - ABU DHABI*
- BEST NEW RESTAURANT - DUBAI*
- BEST NEW RESTAURANT - ABU DHABI*
- RESTAURANT OF THE YEAR - DOHA
- BEST EUROPEAN RESTAURANT
- BEST ASIAN RESTAURANT
- BEST CONTEMPORARY BRITISH RESTAURANT
- BEST LATIN AMERICAN RESTAURANT
- BEST MIDDLE EASTERN RESTAURANT
- BEST INDIAN RESTAURANT
- BEST STEAK HOUSE
- BEST BRUNCH
- BEST SEAFOOD RESTAURANT
- BEST EXPERIMENTAL RESTAURANT
- BEST HEALTHY EATING RESTAURANT
- BEST FINE DINING RESTAURANT
- BEST CASUAL DINING RESTAURANT
- BEST FOOD BLOGGER

CHEF CATEGORY

- CHEF OF THE YEAR

HOME COOKING CATEGORY

- FAVOURITE SUPERMARKET
- FAVOURITE HEALTHY FOOD STORE/MARKET
- FAVOURITE STORE CUPBOARD BRAND
- FAVOURITE DAIRY BRAND
- FAVOURITE BEVERAGE BRAND

ACCESSORIES CATEGORY

- FAVOURITE KITCHEN APPLIANCE BRAND
- FAVOURITE KITCHEN FURNITURE SPECIALIST
- FAVOURITE KITCHEN RETAILER

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Anyone can vote! Log onto www.bbcgoodfoodme.com/awards/2015 to nominate and vote for your favourites in each category. On November 12, the top ten nominees in each category (with the highest votes) will be listed on our website. Voting will then continue until December 3, and the winners will be revealed at our gala awards event on December 16.

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BBC goodfood Middle East AWARDS 2015

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Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining



Butternut squash & rosemary, recipe p54

IN THIS SECTION

- Get inspired by great, fresh produce this month, **P30**

- Perfect lunchbox ideas, all made from everyday fridge items, **P44**

- Gorgeous desserts using juicy cherries and berries, **P69**

Make it tonight



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- ✓ No more than 20 minutes prep
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Recipes MIRIAM NICE Photographs TOBY SCOTT

Lamb & rosemary koftas

SERVES 4 **PREP** 10 mins **COOK** 10 mins

EASY VIT C 1 OF 5 A DAY

500g lamb mince
½ tsp allspice
2 garlic cloves, crushed
8 rosemary sprigs
4 pittas
170g pot Greek yogurt
2 lemons, cut into wedges
150g pack radishes, sliced
½ cucumber, chopped

1 Heat the grill to high. In a large bowl, mix together the mince, allspice and garlic. Season and shape into 8 koftas, each wrapped around a rosemary sprig, with the stalk sticking out at one end. Repeat until all the mince is used up. Brush the koftas with a little oil and place on a baking tray. Grill for 10 mins or until cooked through, turning once.

2 Eat the koftas from the rosemary stalks or pull out the stalks before serving. Serve with the pitta, yogurt, lemon wedges, radishes, cucumber and pickled chillies, if using.

PER SERVING energy 488 kcals • fat 23g • saturates 11g • carbs 36g • sugars 6g • fibre 2g • protein 33g • salt 1.0g

Food styling ELLIE JAMES

Wholewheat spaghetti & avocado sauce

SERVES 4 **PREP** 10 mins **COOK** 10-15 mins

EASY | V | LOW CAL | FIBRE | 1 OF 5 A DAY

2 avocados, stoned, peeled and chopped
zest and juice 1 lemon
25g blanched almonds
1 garlic clove
small pack basil
300g wholewheat spaghetti
25g Parmesan (or vegetarian alternative), finely grated, to serve (optional)

1 Put the avocados, lemon zest and juice, almonds, garlic and half the basil in a food processor. Blend until smooth, then set aside in the fridge.
2 Cook the spaghetti following pack instructions. Drain and toss in the creamy avocado sauce. Top with the remaining basil leaves and grated cheese (if using) before serving.

PER SERVING energy 435 kcals • fat 20g • saturates 3g • carbs 47g • sugars 2g • fibre 10g • protein 13g • salt 0.2g





Salmon with tahini sauce

SERVES 4 **PREP** 20 mins **COOK** 10 mins

EASY | HEART HEALTHY | FOLATE | FIBRE | VIT C | IRON | 1 OF 5 A DAY

140g couscous
4 skinless salmon fillets
1 tbsp olive oil
4 tbsp tahini
2 lemons, 1 juiced, and 1 cut into wedges
½ cucumber, chopped into small pieces
1 pomegranate, seeds only
small pack flat-leaf parsley, chopped

1 Tip the couscous into a large heatproof bowl and pour over 400ml boiling water. Cover with cling film and leave to stand for 8-10 mins while you cook the fish.

2 Heat a large, non-stick frying pan over a medium heat. Brush the salmon fillets with olive oil and fry for 5 mins on one side or until opaque halfway up the side of the fillet. Flip the fillets over carefully and cook for another 1-2 mins or until cooked through, then remove from the heat.
3 Mix the tahini with the lemon juice and a splash of water to make a sauce.
4 Drain any excess water from the couscous and tip into a bowl, adding the cucumber, pomegranate seeds and parsley. Serve the salmon on top of the couscous, with lemon wedges on the side and the tahini sauce poured over or served alongside.

PER SERVING energy 506 kcals • fat 26g • saturates 4g • carbs 31g • sugars 7g • fibre 6g • protein 34g • salt 0.2g »



Cheat's moussaka

SERVES 4 **PREP** 20 mins **COOK** 45 mins
EASY CALCIUM FIBRE 2 OF 5 A DAY GLUTEN FREE

4 medium-sized potatoes
3 tbsp olive oil, plus extra for brushing
1 red onion, sliced
500g lamb mince
2 garlic cloves, crushed
1 tsp mixed spice
500g carton passata
2 aubergines, cut into slices
300ml tub crème fraîche
140g cheddar, grated

1 Boil the potatoes whole for 20 mins or just until tender. Drain and allow to cool.
2 Return the pan to the heat and add 2 tbsp olive oil and the onion. Cook until softened, then add the lamb. Fry the mince for 5 mins or until cooked through and starting to char. Add the garlic and spice, and stir in the passata. Bring to a simmer, then season to taste, take off the heat and set aside until needed.
3 Heat oven to 220C/200C fan. Warm a griddle pan over a high heat and brush a little oil over the aubergines. Grill for 2-3 mins each side or until char lines appear. You may have to do this in 3-4 batches.
4 Once cool enough to handle, cut the boiled potatoes into thick slices. Put 1 tbsp oil in the base of a deep ovenproof dish and start with a layer of potatoes, then aubergines, a sprinkling of seasoning, then a layer of the lamb mixture. Repeat until all the mixture is used up, ending with a layer of aubergines. Spread the crème fraîche over the top and scatter with the cheese. Put in the oven for 10 mins or until the cheese is golden.

PER SERVING energy 624 kcals • fat 46g • saturates 25g • carbs 23g • sugars 9g • fibre 7g • protein 27g • salt 0.7g

Halloumi & pea salad

SERVES 4 **PREP** 10 mins **COOK** 30 mins
EASY V FIBRE 1 OF 5 A DAY GLUTEN FREE

750g pack new potatoes, halved
200g frozen peas
250g pack halloumi, thickly sliced
juice 1 lemon
2 tbsp olive oil
small pack mint, chopped
75g pack pea shoots

1 Cook the potatoes in a pan of boiling water for 15-20 mins or until tender, then add the frozen peas for the final 2 mins, drain and tip into a large serving bowl.
2 In a large, non-stick frying pan over a high heat, sear the halloumi until golden on both sides, then set aside.
3 Meanwhile, pour the lemon juice into a small bowl, whisk in the olive oil and mint, and pour over the peas and potatoes. Mix everything together, season, then fold in the pea shoots and halloumi. Serve immediately.

PER SERVING energy 448 kcals • fat 23g • saturates 11g • carbs 37g • sugars 4g • fibre 6g • protein 20g • salt 2.0g



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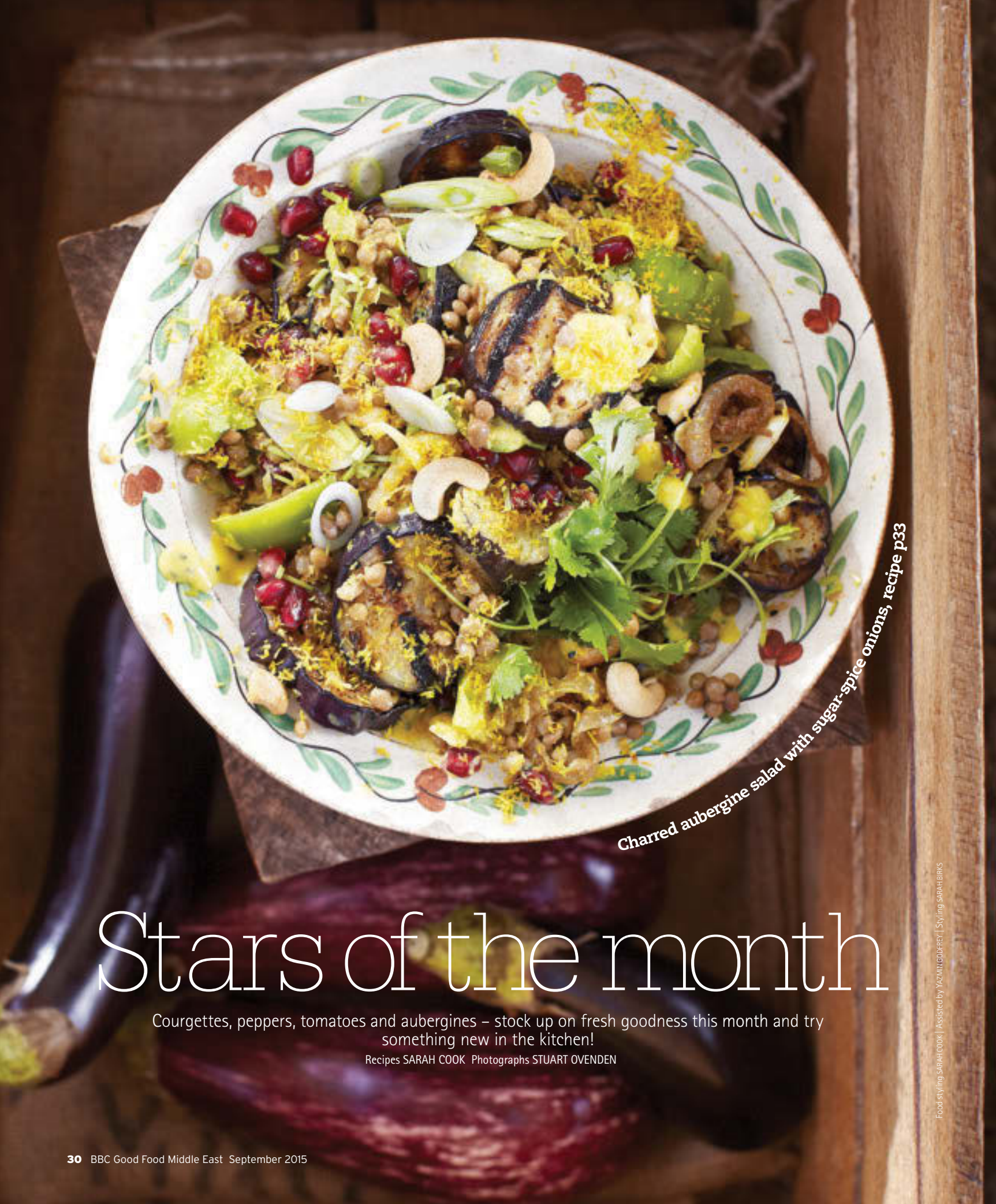


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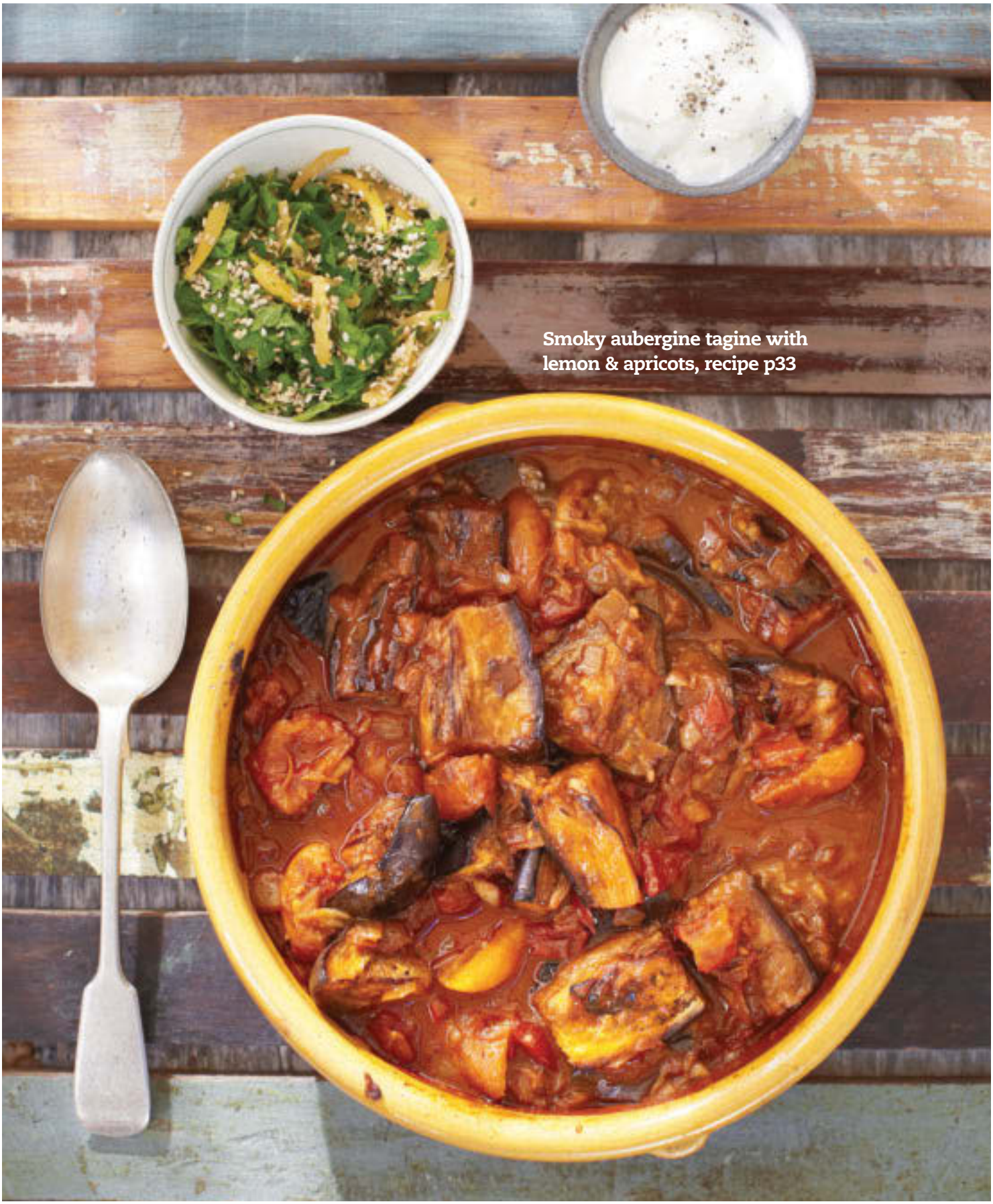
Charred aubergine salad with sugar-spice onions, recipe p33

Stars of the month

Courgettes, peppers, tomatoes and aubergines – stock up on fresh goodness this month and try something new in the kitchen!

Recipes SARAH COOK Photographs STUART OVENDEN

Food styling SARAH COOK | Assisted by YAZMIN GODFREY | Styling SARAH BIRKS



Smoky aubergine tagine with lemon & apricots, recipe p33



Sweet pepperonata salad, recipe p33

Sweet pepperonata salad

SERVES 6 as a side **PREP** 15 mins **COOK** 1 hr 10 mins

EASY V LOW FAT FOLATE FIBRE VIT C 2 OF 5 A DAY GLUTEN FREE

10 large red, orange or yellow peppers (or make up the equivalent with smaller ones)
4 tbsp Sherry vinegar
3 tbsp good-quality olive oil
1½ tbsp clear honey
½ small white onion, finely chopped
1 fat garlic clove, crushed to a paste
85g golden sultanas
small pack flat-leaf parsley, roughly chopped
3 tbsp capers, rinsed

1 Heat oven to 160C/140C fan. Halve and deseed the peppers, then roughly cut into large chunks. Whisk together the vinegar, olive oil and honey with some seasoning to make a dressing. Spoon two-thirds into a shallow roasting tin with the peppers, toss together, then roast for 1 hr until the peppers are very soft and just starting to char at the edges. Meanwhile, mix the onion and garlic into the remaining dressing. Stir the sultanas into the peppers and roast for 10 mins more.
2 Let the peppers cool for 10 mins, then transfer to a platter or large bowl, scatter over the parsley, capers and remaining dressing before tossing everything together.

PER SERVING energy 223 kcals • fat 7g • saturates 1g • carbs 32g • sugars 31g • fibre 7g • protein 4g • salt 0.3g

Charred aubergine salad with sugar-spice onions

SERVES 4 as a main course, 8 as a side **PREP** 30 mins **COOK** 1 hr

EASY V FIBRE IRON 3 OF 5 A DAY GLUTEN FREE

1 large aubergine, thinly sliced into rounds
1-2 tbsp sunflower oil
50g desiccated coconut
½ tsp turmeric
2 x 400g cans brown lentils, rinsed and drained
bunch spring onions, sliced
small pack coriander, stalks finely chopped, leaves roughly chopped
150g pack pomegranate seeds
85g cashew nuts, bashed a few times
FOR THE SUGAR-SPICE ONIONS
3 onions, roughly sliced
1 tbsp sunflower oil
2 tsp each ground cumin and coriander
2 tbsp light brown soft sugar
FOR THE DRESSING
160ml can coconut cream
juice 3 limes
½ tsp turmeric
1 tbsp onion seeds or nigella seeds
2 tbsp mango chutney

1 Start with the sugar-spice onions. Put the onions, oil, ½ tsp salt and the spices in a frying pan and cook gently for 15 mins until really soft. Stir in the sugar and cook for a futher 2-3 mins until the onions are sticky and dark golden.
2 Meanwhile, heat a griddle pan over a medium heat and brush the aubergine slices on both sides with the oil. Griddle in batches, turning, until charred and soft.
3 Once the onions are cooked, tip them onto a plate and leave to cool. Clean the pan, tip in the coconut and turmeric, and toast gently until golden and just browning at the edges. Tip onto a plate and leave to cool. Whisk together all the dressing ingredients with some seasoning.
4 To serve, tip the lentils, spring onions, coriander, pomegranate seeds and cashew nuts onto a big serving platter or bowl. Add most of the coconut, plus the aubergine slices and sugar-spice onions. Drizzle over most of the dressing and use your hands to toss everything together well. Scatter the remaining coconut over to serve, with the extra dressing on the side for drizzling over.

PER SERVING (4) energy 576 kcals • fat 34g • saturates 17g • carbs 45g • sugars 30g • fibre 11g • protein 15g • salt 0.3g



Smoky aubergine tagine with lemon & apricots

SERVES 4 **PREP** 20 mins **COOK** 1 hr

EASY V LOW FAT LOW CAL FIBRE 3 OF 5 A DAY GOOD 4 YOU GLUTEN FREE

2 aubergines, cut into large chunks
3 tbsp olive oil
2 onions, chopped
2 tbsp freshly grated ginger
1½ tsp each ras el hanout and sweet smoked paprika
good pinch of saffron
300ml hot vegetable or chicken stock
2 preserved lemons, rind of both sliced, pulp from the centre of 1 roughly chopped
120g dried apricots, halved
200g tomatoes, roughly chopped
1 tbsp clear honey
zest 1 lemon, juice ½
2 tsp toasted sesame seeds
2 tbsp each finely chopped flat-leaf parsley and mint
Greek yoghurt and wholemeal bulghar wheat, to serve (optional)

1 Brown the aubergines in 2 tbsp of the oil so they're golden on all sides, but not soft in the middle yet – this is best done in batches in a large, non-stick frying pan.
2 Heat a heavy-based shallow lidded pan or flameproof tagine with the remaining oil, then add the onions, ginger and spices, and fry gently until softened and golden.
3 Meanwhile, add the saffron to the stock to soak. Stir the preserved lemon rind and pulp, apricots, tomatoes, honey and lemon juice into the onions with the saffron stock. Snugly fit the aubergines in, cover with a lid and simmer for 30 mins until the aubergines are tender. Season to taste.
4 Mix together the lemon zest, sesame seeds and chopped herbs, and sprinkle over the tagine. Serve with Greek yoghurt and wholemeal bulgur wheat, if you like.

PER SERVING energy 270 kcals • fat 11g • saturates 2g • carbs 29g • sugars 26g • fibre 12g • protein 8g • salt 0.3g »





Sausage & courgette rigatoni

SERVES 2 (easily doubled) **PREP** 15 mins
COOK 25 mins EASY P VIT C 2 OF 5 A DAY

3 good-quality beef or pork sausages
1 tsp olive oil
½ small fennel bulb, trimmed of any green and diced, any leafy fronds reserved
½ onion, diced
2 fat garlic cloves, finely chopped
200g rigatoni
zest and juice 1 lemon
100g mascarpone
1 medium-large courgette, grated
1 tbsp each toasted pine nuts (optional) and grated Parmesan, to serve

1 Take the skins off the sausages and break the meat into small chunks. Heat the oil in a non-stick frying pan and fry the sausage meat until really golden and crispy, breaking up the meat with a wooden spoon as you cook, so the end result is a bit like chunky mince. Scoop out the sausage meat with a slotted spoon, leaving the sausage oil in the pan, then add the fennel, onion and garlic. Fry gently for about 10 mins until the veg is softened but not coloured. Add a splash of water if it starts to catch.
2 Bring a large pan of water to the boil, add the pasta and cook following pack instructions until al dente. Drain the pasta, saving a ladleful of the water.
3 Put the frying pan back on the heat and stir in the lemon zest, juice, mascarpone, courgette and reserved pasta water. Bubble for 2 mins, then stir in the rigatoni with the sausage meat. Season, scatter over any fennel fronds, some toasted pine nuts (if you like) and a little grated Parmesan. Scoop straight from the pan into pasta bowls.

PER SERVING energy 820 kcals • fat 48g • saturates 24g • carbs 67g • sugars 9g • fibre 4g • protein 26g • salt 19g



Try our **cover recipe!**

Pistachio, courgette & lemon cake

CUTS INTO 15 squares **PREP** 35 mins plus cooling
COOK 35-40 mins EASY un-iced

175g shelled pistachios
250g golden caster sugar
200g butter, at room temperature, plus extra for greasing
280g plain flour
1¼ tsp each baking powder and bicarbonate of soda
3 large eggs
140g Greek-style, full-fat yoghurt (buy a big pot and keep the rest to serve alongside)
zest and juice 3 lemons
140g coarsely grated courgette
175g icing sugar
2 tbsp lemon curd (optional)

1 Put 150g of the pistachios and the sugar in a food processor and whizz until the nuts are very finely ground.
2 Heat oven to 180C/160C fan, grease a 20 x 30cm cake tin and line the base with baking parchment. Tip the pistachio sugar into a big mixing bowl with the butter, flour, baking powder and bicarb, eggs, yoghurt and the zest and juice from 2 of the lemons. Beat with an electric whisk until smooth and combined.
3 Stir in the courgette until everything is well mixed, then scrape into the prepared tin. Bake for 35-40 mins until the cake is risen and golden, and a skewer poked into the centre comes out clean. Leave to cool.
4 When the cake has fully cooled, remove from the tin and peel off the baking parchment. Sift the icing sugar into a bowl, and gradually stir in enough lemon juice to get a runny-ish consistency. If you run out of juice, carry on mixing with water. Drizzle thickly over the cake, and repeat with lemon curd, if you like. Roughly chop the remaining pistachios and scatter over the icing, along with the remaining lemon zest. Leave to set for 10 mins, then cut into squares and serve with Greek yoghurt. Will keep for 3 days in an airtight tin.

PER SQUARE energy 377 kcals • fat 19g • saturates 9g • carbs 45g • sugars 31g • fibre 2g • protein 6g • salt 0.7g



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Southern fried chicken

One of America's best-loved dishes is rapidly becoming one of the Middle East's hottest food trends. American food writer Jennifer Joyce shares her ultimate recipe so you can make your own at home this summer Photographs DAVID MUNNS

food styling JENNIFER JOYCE | Styling REBECCA NEWPORT





Kentucky Fried Chicken, which started as a small roadside shack in the 1920s, took fried chicken from the backwaters to practically every town in America. Each region now has its own signature presentation: the Southern coast favours gravy and biscuits on the side, while Texas and the middle South are partial to lashings of spicy hot sauce sprinkled over the crispy chicken.

However, fried chicken isn't just an American sensation. It's a solid staple of Asian cuisine too – the Koreans roll it in a sweet gochujang chilli glaze, the Japanese dip it in ponzu and Thais drizzle it with fish sauce. It is universally adored for its tantalising combination of texture and taste.

There are many ways to make fried chicken. Some consider brining (soaking in salted water overnight) too time-consuming, but it is key if you want to lock in the meat's moisture and get the maximum flavour. If you do this, you can use a 'dry brine' of spices, herbs and lemons, or a 'wet brine' mixture of buttermilk, salt and spices.

There are also two camps for the coating – either a simple roll in cornmeal (polenta), or a dip in buttermilk and then seasoned flour. To achieve the tastiest, crisp coating and tender flesh, I've found that the best method is to use a dry brine, then dip in buttermilk and flour.

The key to frying the chicken is to keep the oil at a low and steady temperature. If it is too hot, the outside will overcook before the flesh is done. To make this foolproof, I recommend using a digital thermometer.

This won't be the quickest meal you've ever made, but the reward is the real deal – a blistering, seasoned crust and sweet, delicious chicken.

Buttermilk fried chicken

SERVES 4-6 **PREP** 30 mins plus at least 12 hrs marinating **COOK** 30-40 mins MORE OF A CHALLENGE

10 chicken pieces (about 1.25kg), on the bone, skin on (use a mixture of thighs and drumsticks)
300ml buttermilk (see below to make your own)
1 large egg
1-2 litres groundnut oil
grilled corn on the cob, skinny fries and coleslaw, to serve (optional)
FOR THE DRY BRINE
zest 2 lemons
1 tsp chopped thyme
1 tsp each paprika, onion salt and garlic granules
1 tsp flaky sea salt
FOR THE SPICED FLOUR
225g plain flour
2½ tbsp cornflour
2¼ tsp each garlic granules, salt and chilli powder

Make your own buttermilk

Most supermarkets now stock buttermilk, but if you want to make your own, simply add **1 tbsp lemon juice** or **white wine vinegar** to **250ml full-fat milk** and set aside for 10 mins. It will curdle into a thick mixture, then it is ready to use.

My top tips

- **I always use free-range chicken as I think it gives a better result – the meat is superior and the bird has had a happier life!**
- **You need to use a heavy-based pan, as this makes it easier to keep the oil at a steady temperature. With a lighter base, the chicken could burn on the bottom.**
- **To help control the temperature of the oil, use a digital thermometer.**
- **You'll need to cook the chicken in batches. A wire rack over a tray is better than kitchen paper for draining, as kitchen paper will make the chicken go soggy.**

Step 1

Put all the dry brine ingredients in a large dish. Add the chicken, toss to coat well, then cover and chill for 12-24 hrs.

Step 2

Put all the spiced flour ingredients in another dish or a large bowl, add a good grind of black pepper and combine well.

Step 3

Put the buttermilk and egg in another bowl and lightly whisk until well combined.

Step 4

Start to coat the chicken. Using one hand, dip the pieces in the buttermilk, making sure they are completely coated.

Step 5

Using your other hand, roll the chicken in the spiced flour until covered all over.

Step 6

Place the chicken on a wire rack with a baking tray underneath. Now you're ready to start frying.

Step 7

Fill a deep cast-iron frying pan or heavy-based medium saucepan half full with oil and heat until the temperature reaches 170C on a cooking thermometer. Put a wire rack on a second tray, ready to drain the fried chicken.

Step 8

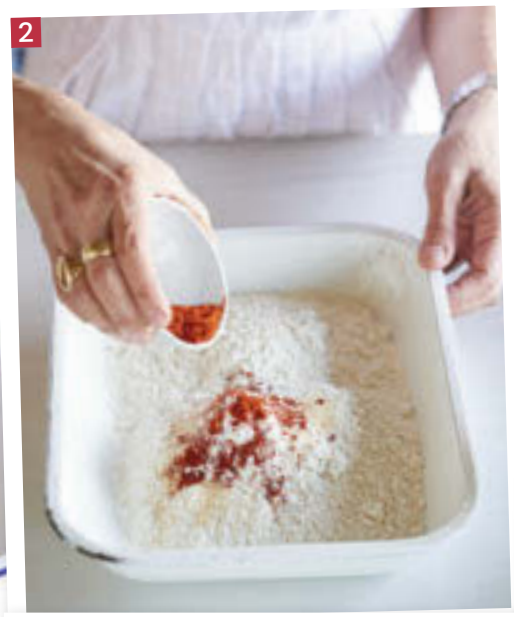
Heat oven to 160C/140C fan/gas 3. Place 3-4 pieces of chicken into the hot oil. Don't overcrowd the pan. Cook for 10-12 mins. Poke your thermometer into the meat next to the bone – it will be cooked when it reaches 73C.

Step 9

The oil temperature will drop when you add the chicken – adjust the heat to keep it steady at 140C during the cooking process. Once cooked, transfer to the clean wire rack and keep warm in the oven. Bring the oil back to 170C before cooking the next batch. Serve with your choice of sides.

PER SERVING (6) energy 476 kcals • fat 20g • saturates 6g • carbs 37g • sugars 3g • fibre 2g • protein 36g • salt 2.6g


1


2


3


4


5


6


7
176


8


9
180

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1

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4



6



2



5



7



3



We're loving this fun and fabulous chalkboard coffee table - what a cool way to keep kids entertained at breakfast!

8

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2 Lunchbox, Dhs110, GAP
3 Aladdin lunch bento box, Dhs125, Jashanmal
4 Butterfly coat hanger, Dhs39, Home Centre
5 Drink bottle, Dhs10, Lakeland
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School's in!

Send the kids back to school with an exciting lunchbox this year. Mix things up and say goodbye to yesterday's simple sandwich era with these interesting, yet easy recipes PHOTOGRAPHS DAVID MUNNS



Speedy microwave pizza toastie

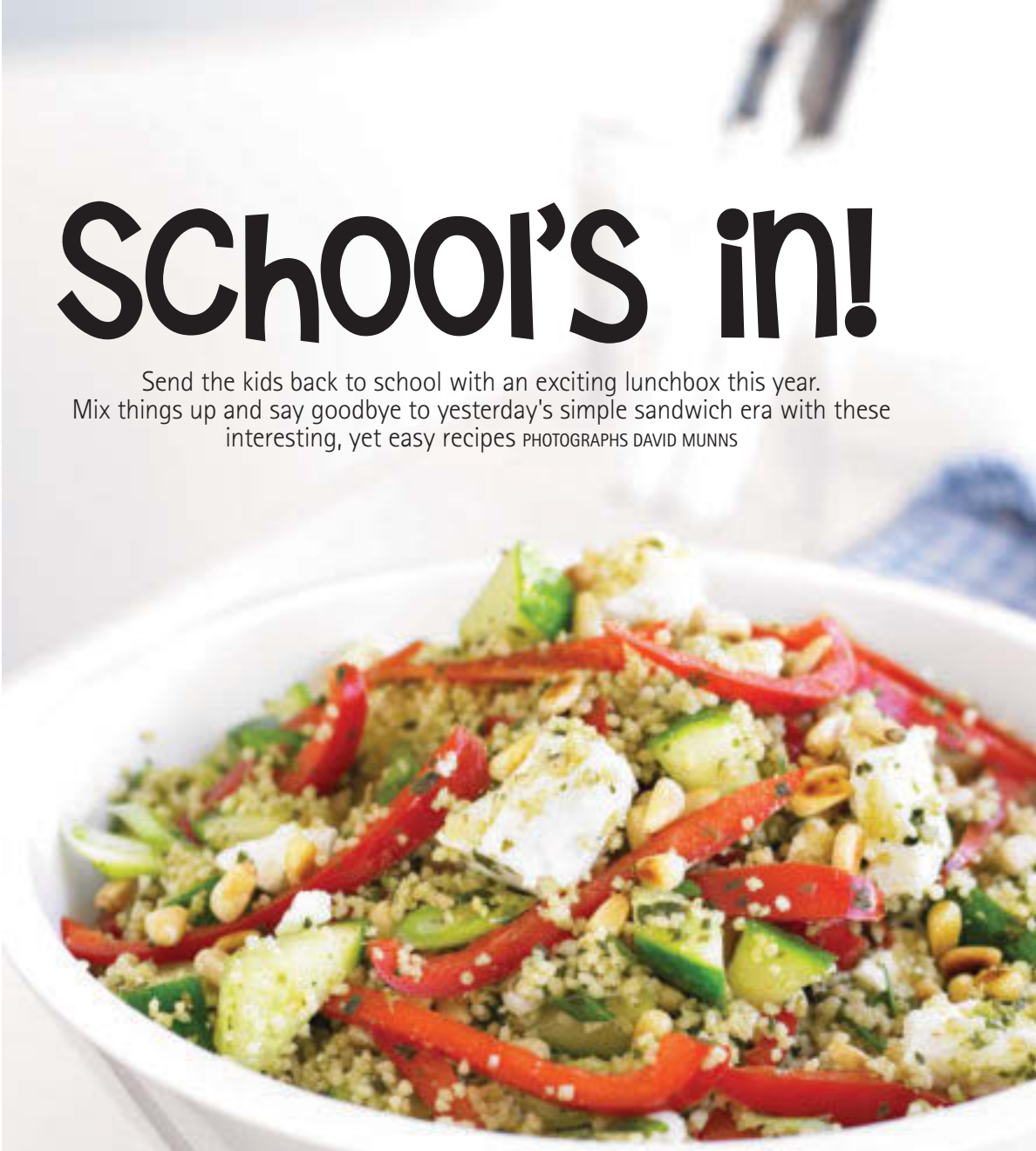
SERVES 2 Easily doubled **PREP** 5 mins
COOK 45 secs P

4 slices wholemeal bread
1 tomato, sliced, or 2 tbsp ready-made tomato pasta sauce
125g ball mozzarella, drained, patted dry and thinly sliced
2 slices ham

Toast bread until golden and crisp. Lay tomatoes or sauce over 2 slices of bread. Top with slices of mozzarella and a slice of ham. Lay other piece of toast on top, press lightly together. Put one sandwich on a plate, microwave on High for 45 secs, then repeat for second sandwich.

PER SERVING 355 kcals • protein 24g • carbs 32g • fat 16g • sat fat 9g • fibre 4g • sugar 4g • salt 1.68g





10-minute couscous salad

This makes a great lunchbox filler and is equally good at home from the fridge.

SERVES 2 Easily doubled **PREP** 10 mins **NO COOK**
EASY V

100g couscous
200ml hot low salt vegetable stock (from a cube is fine)
2 spring onions
1 red pepper
½ cucumber
50g feta, cubed
2 tbsp pesto
2 tbsp toasted pine nuts

Tip couscous into a large bowl, pour over stock. Cover, then leave for 10 mins, until fluffy and all the stock has been absorbed. Meanwhile, slice the onions and pepper and dice the cucumber. Add these to the couscous, fork through pesto, crumble in feta, then sprinkle over pine nuts to serve.

PER SERVING 327 kcals • protein 13g • carbs 33g • fat 17g • sat fat 5g • fibre 2g • sugar 7g • salt 0.88g

Food styling MARINA FILIPPELLI | Styling VICTORIA ALLEN



Potato, spring onion, dill & cheese frittata

SERVES 4 **PREP** 10 mins **COOK** 20 mins
EASY V GOOD 4 YOU

Make this the night before and leave in the fridge. Delicious with mayo or tomato ketchup.
2 tbsp olive oil
400g leftover cooked new potatoes, sliced
4 eggs, beaten
4 spring onions, finely sliced
1 bunch dill, roughly chopped
25g cheddar, grated

1 In a small non-stick frying pan, heat oil over a medium heat. Add potatoes, then fry until beginning to crisp, about 8 mins. In a bowl, whisk together eggs, spring onions, dill and some seasoning. Heat the grill.
2 Tip the eggs into frying pan, mix quickly, lower the heat, then sprinkle over cheese. After about 8 mins, once the top side has almost set, pop under the grill for 2-3 mins or until firm and golden. Slide out of the pan. Eat straight away or cool quickly and chill.

PER SERVING 244 kcals • protein 11g • carbs 18g • fat 15g • sat fat 4g • fibre 1g • sugar 1g • salt 0.40g



BBQ beans with mashed potato tops

SERVES 2 **PREP** 15 mins **COOK** 25-30 mins
EASY P

1 onion, finely chopped
1 celery stick, finely chopped
1 tbsp vegetable oil
50g bacon, thinly chopped
1 garlic clove, crushed
400g can chopped tomatoes
2 tsp tomato purée
1 tsp treacle or brown sugar
1 tbsp malt vinegar
400g can haricot beans, drained, rinsed
FOR THE MASH (or use leftover mash)
300g potatoes, peeled and cubed
2 tbsp milk
1 tbsp cream cheese

1 Soften onion and celery in pan with oil for 10 mins. Add bacon, then fry for 3 mins, until beginning to brown. Add garlic, then cook for 30 secs. Pour in tomatoes and stir through tomato purée, treacle or sugar and vinegar. Simmer over a high heat until thickened, between 5-10 mins, stirring often to make sure mixture doesn't catch. Gently stir beans through, then cook for a further 2-3 mins on medium heat, until heated through.
2 Meanwhile, make mash. Boil potatoes until tender, about 15 mins, then drain. Mash with milk, cheese and seasoning.
3 Fill 2 small microwave-safe bowls three-quarters full with bean mixture. Add a generous dollop of mash to top, smooth over with a spoon. Chill when cool (or freeze for up to a month at this stage). Place small plate on top of dish, then microwave on High for 3 mins or until piping hot.

PER SERVING 396 kcals • protein 19g • carbs 56g • fat 12g • sat fat 4g • fibre 13g • sugar 15g • salt 1.46g

Fresh from your fridge

These six salads and dips are great for picnics, in lunchboxes or even a buffet. Plus, they'll cost less and taste loads better than anything you can buy

Recipes JANE HORNBY Photographs MYLES NEW



Food styling LIZZIE HARRIS | Styling LISA HARRISON

How many times have you grabbed a pre-packed salad for lunch, peeled back the lid and felt robbed? Many ready-to-eat deli foods offer little value (for money or nutritionally), and lack the freshness or flavour you get with homemade. All these recipes will keep in the fridge for a couple of days without losing their punch



Roasted veg & couscous salad

Smoky chipotle pepper salsa

Orzo & mozzarella salad

Turn over for recipes »



Prawn sweet chilli noodle salad

SERVES 4-6 ● **PREP** 10 mins ● **COOK** 5 mins EASY

Boil **3 nests medium egg noodles** for 4 mins, then drain. Cool under water then drain again and place in large bowl after chopping into short lengths with scissors. Halve **½ large cucumber** lengthways, scoop out seeds, chop into crescents and add to noodles with finely sliced bunch spring onions, **100g cherry tomatoes**, halved, **1 green chilli**, deseeded and finely chopped and **200g bag cooked king prawns**. Mix the zest and juice of **2 limes** and **4 tbsp sweet chilli sauce** to dress the noodles with. Serve with a **handful of spinach** and top with **25g roasted cashew nuts**.

PER SERVING 267 kcals • protein 20g • carbs 39g • fat 5g • sat fat 1g • fibre 5g • sugar 12g • salt 2.18g



Cheese & chive coleslaw

SERVES 4-6 ● **PREP** 15 mins ● **NO COOK** EASY V SUPER HEALTHY

Cut **1 white cabbage in half**, then quarters. Remove and discard the core, then thinly shred and put into a large mixing bowl. Add **1 coarsely grated carrot**, **1 onion**, halved and thinly sliced, **3 tbsp quality mayonnaise**, **3 tbsp low-fat natural yoghurt** and **1 tsp Dijon mustard**, then snip in most of the **20g pack chives**. Mix coleslaw well with your hands, coating the entire salad with dressing. Season, then serve sprinkled with **100g reduced-fat mature grated cheddar cheese** and the remaining chives.

PER SERVING 192 kcals • protein 11g • carbs 8g • fat 13g • sat fat 4g • fibre 3g • sugar 8g • salt 0.74g



Orzo & mozzarella salad

SERVES 4 ● **PREP** 10 mins ● **COOK** 8 mins EASY V

Boil **350g orzo** for 8 mins until tender, drain and cool under cold water then drain again and tip into a large bowl. Tear **20g pack basil** into a food processor, add **4 tbsp extra virgin olive oil**, **25g finely grated Parmesan** (or vegetarian alternative), **1 roughly chopped garlic clove** and **25g toasted pine nuts**, then whiz into pesto-like dressing. Stir this thoroughly through the orzo until completely coated, then season. Add **290g pack bocconcini**, **100g semi-dried tomatoes**, roughly chopped and a handful of **50g bag wild rocket**. Scatter with **25g toasted pine nuts** and more Parmesan if you like. Top with more rocket, then serve immediately.

PER SERVING 742 kcals • protein 29g • carbs 71g • fat 40g • sat fat 13g • fibre 4g • sugar 5g • salt 1.25g



Lemon & coriander hummous

SERVES 6 ● **PREP** 5 mins ● **NO COOK** EASY V SUPER HEALTHY

Put **2 x 400g cans of chickpeas**, drained, **2 roughly chopped chunky garlic cloves**, **3 tbsp Greek yoghurt**, **3 tbsp tahini**, **3 tbsp extra virgin olive oil** and the zest and juice of **2 lemons** into a food processor and whiz until smooth. Season the hummous generously, then add **20g pack coriander** and pulse until roughly chopped. Spoon into a serving bowl, drizzle with **olive oil** and serve.

PER SERVING 179 kcals • protein 7g • carbs 13g • fat 11g • sat fat 2g • fibre 6g • sugar 1g • salt 0.12g

TIP

Orzo is a very small pasta shape, with each piece resembling a long, fat grain of barley. (Orzo means barley in Italian.)

If you can't find it, the dish will work with any other tiny pasta shape, like stelline (small stars) or rice-shaped pasta called risoni.

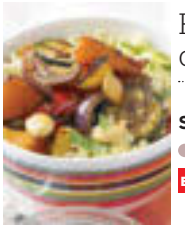


Smoky chipotle pepper salsa

SERVES 6 ● **PREP** 10 mins ● **COOK** 12 mins EASY LOW FAT V

Heat the grill to high. Put **2 red peppers** onto a baking sheet, skin-side up, grill until skins are black, then put in a bowl and cover until cool. Peel skins away. Scoop out and discard seeds of **6 ripe tomatoes**, halved and place in a food processor with **1 crushed garlic clove**, **juice of 1 lime**, **1 tbsp extra virgin olive oil** and **2 tsp chipotle paste**. Add peppers and pulse until chunky. Stir **1 finely chopped red onion** through and 20g roughly chopped, then serve.

PER SERVING 55 kcals • protein 2g • carbs 8g • fat 2g • sat fat none • fibre 2g • sugar 7g • salt 0.06g



Roasted veg & cous cous salad

SERVES 4 ● **PREP** 10 mins ● **COOK** 40 mins EASY V SUPER HEALTHY

Heat oven to 200C/180C fan. Cut **1 red and 1 yellow pepper**, halved and deseeded and **½ a butternut squash** into bite-size pieces (leaving skin on the squash) and tip into a baking tray with **2 thickly sliced courgettes**. Add **4 garlic cloves** with skin on, **2 tbsp extra virgin olive oil** and seasoning, then mix and roast for 20 mins. Add **1 thickly sliced red onion**, **1 tsp cumin seeds**, **1 tbsp harissa paste** and **50g whole blanched almonds** and roast again for another 20 mins, leave to cool. Put **250g couscous** into a large bowl, pour **300ml hot vegetable stock**, cover and set aside for 10 mins. Fluff up with fork. In a bowl, mix zest and **juice of 1 lemon** and **1 tbsp extra virgin olive oil**. Squeeze in **garlic pulp** from skins, mash well and fold in **20g pack roughly chopped mint**. Pour over the veg and toss with couscous.

PER SERVING 399 kcals • protein 11g • carbs 58g • fat 18g • sat fat 2g • fibre 5g • sugar 14g • salt 0.86g



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Try our new ready-to-roast leg of lamb with Moroccan-style stuffing and topped with apricots and chilli butter.

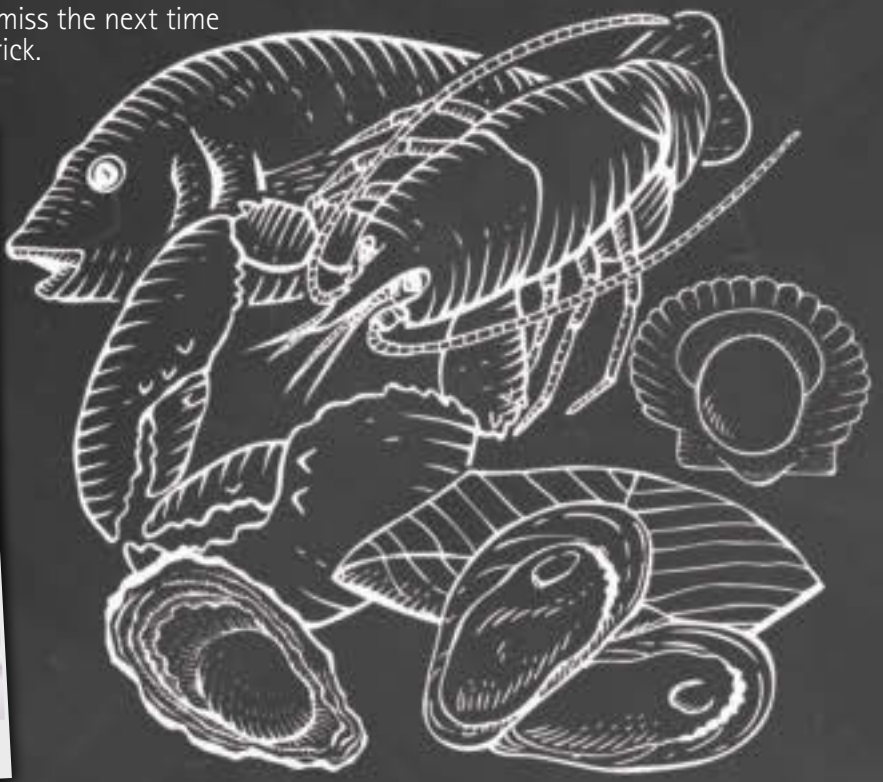


Restaurant quality meal ready in minutes

"BUT, I'M HUNGRY!"

...Sound familiar? These healthy tips and tricks won't go a miss the next time your little one is looking for a quick bite. By Sophie McCarrick.





There aren't many parents who go a day without hearing that all too common phrase – "I'm so hungry, can I have a snack?". And, between busy schedules, play dates, school runs and fussy eaters, it has become an all too easy habit for parents to opt for 'convenient food' – the type that allows peace and quiet (for a while) – but simultaneously deprives children of what they need most: essential nutrients to help them grow and stay healthy.

Serious nutrient deficiencies during the first few years of life can inflict major growth and immune weaknesses as your child grows up, causing them to experience faltered growth, extreme weight loss or gain, compromised immune systems and a heightened proneness to sickness – all because of ill nutrition.

So, are your kiddies getting the nutrition they need? Here are the top seven vital nutrients for children, which all individually play an important role in the wellbeing of your child:

"Drink your milk"

Calcium – an essential mineral in the body, which is extremely important during periods of rapid growth, namely childhood. A massive ninety nine percent of calcium in the body supports bone growth, structure and repair. The skeleton is a reserve for calcium and is drawn upon in the case of inadequate dietary calcium. Sufficient levels of calcium are needed to maintain optimum bone mass and prevent demineralisation of bones later in life.

Rich in calcium:

- Dairy: milk, yogurt and cheese
- Dark leafy green vegetables (collard, kale, chard, spinach, bok choy, parsley)
- White beans
- Sesame seeds

Try this: Smoothies are a great way to sneak in foods that little ones may be hesitant to try. Blend some yoghurt or milk with fruit, add some soaked dried figs or sesame seeds. Smoothies are very versatile the ingredients can be varied and they're great as a quick meal, dessert or snack

"Feed your brain"

Essential Fatty Acids – they really are essential in all stages of life – to support optimum brain development and function, nerve communication and hormone transportation. EFA's are the type of fats that are essential because they cannot be produced by the body. Essential fatty acids include omega-6 and omega-3, both of which are polyunsaturated fats.

Rich in Omega 3 and 6:

- Oily fish (salmon, sardines, tuna)
- Walnuts and almonds
- Sunflower seeds, flax seeds and sesame seeds
- Poultry

Try this: Kids not a fan of fish? Try making homemade fish cakes using Omega 3 rich fish – this is a great way of getting children to try different fish.

"Grow up big and strong"

Iron – found in high concentration throughout the whole body, this mineral is one of the most

Photographs SHUTTERSTOCK

important. Iron is vital for distributing oxygen throughout the body, maintaining the immune system, and supplying the body with energy. Children's diets are often lack iron and warning signs to look out for include anaemia, fatigue, pale skin, weakness and irritability.

Rich in iron:

- Eggs
- Meat
- Dark leafy greens
- Dried Fruit

Try this: A great way of getting iron into a child's system is to pair up green salads with berries, citrus fruits or broccoli, which contain Vitamin C – the vitamin that increases absorption of iron.

"An excuse for pancakes"

Magnesium – primarily responsible for regulating muscle and nerve function; it helps maintain normal heart rhythm and good blood circulation throughout the body. Magnesium also plays an integral part in bone development and structure making it essential mineral for growing children. Possible effects of magnesium deficiency include heart disorders, hyperactivity, insomnia, irritability and muscle cramps.

Rich in magnesium:

- Avocado
- Almonds
- Bananas
- Whole grains (oat, quinoa, millet, buckwheat)

Try this: Get the kids involved and grind up some almonds or pumpkin seeds to whisk into buckwheat pancakes – we promise, they are delicious!

"Do you want to see in the dark?"

Vitamin A – the vision vitamin! Known for its key role in protecting the eyes and vision. It also plays an important role in promoting the growth of cells, bones and tissue, particularly those in the hair, nails, and skin. Vitamin A also has the characteristics of being an anti-infective vitamin and is required for the functioning of the immune system. Possible effects of vitamin A deficiency in children include stunted growth, eyesight problems, frequent viral infections and slower healing processes.

Rich in Vitamin A:

- Orange vegetables and fruit (carrot, sweet potatoes, pumpkin)
- Bell pepper
- Dark leafy green vegetables
- Liver (chicken, turkey, beef)

Try this: Kids aren't usually the biggest fans of liver – try disguising it in familiar foods like homemade meatballs.

"Make your bones strong"

Vitamin D – is vital for normal bone development and maintenance. It also helps the body absorb minerals and stimulates the absorption of calcium. Other functions of vitamin D include regulation of the immune system, insulin production, and cell growth. In children possible effects of vitamin D deficiency include bone disease, and can also keep a child from reaching their genetically programmed height and peak bone mass.

Rich in Vitamin D:

- Fatty fish (trout, mackerel)
- Egg yolks
- Portobello mushrooms
- Cod liver oil

Try this: Vitamin D isn't only found in food. Entertain your children in the sun each week, as the body makes Vitamin D when exposed to sunlight (you may even top up your tan!).

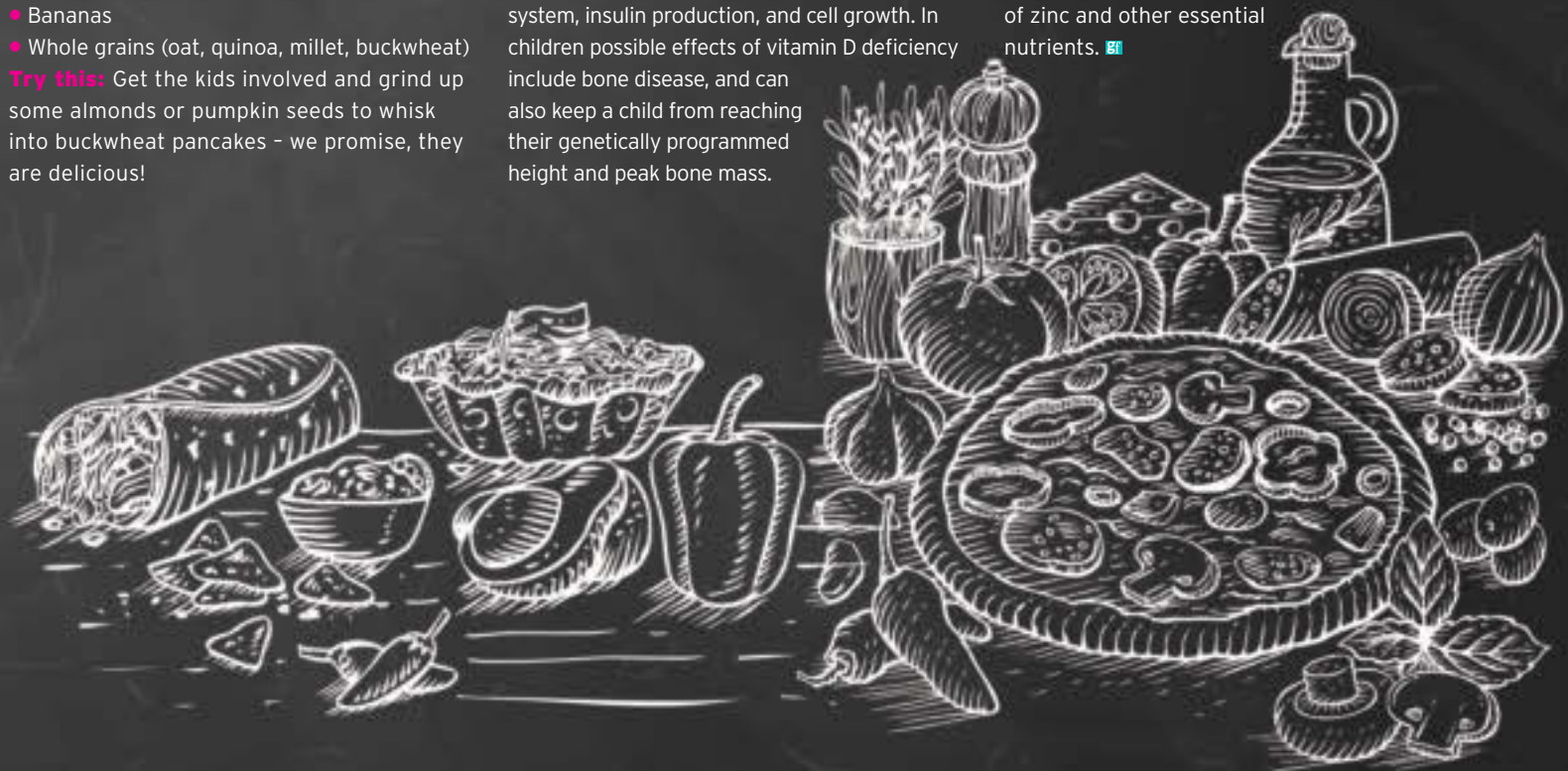
"Good for your senses"

Zinc – is crucial for supporting the immune system of a child and can help prevent illness. It also works to balance blood sugar, stabilising the metabolism and regulating certain genetic activity. The mineral also helps support the sense of smell, taste and sight. Possible effects of zinc deficiency include impaired growth and development in children, bruxism (teeth grinding), cold and flu, fatigue and skin problems

Rich in zinc:

- Red meat, poultry and shellfish
- Whole grains
- Beans
- High quality dairy products

Try this: Soaking and sprouting your grains and beans before cooking will help to release their naturally occurring phytic acids, which inhibit mineral absorption. By soaking, you're ensuring your children increase their intake of zinc and other essential nutrients. gf



Let's bake!



Celebrity chef and TV personality, Chef Paul Frangie talks to us about his exciting collaboration with Lurpak and lends some insider tips and tricks to creating the perfect bakes!

Tell us about your collaboration with Lurpak and the new Cook's Range this year?

This year's collaborations have been amazing! We've done so much – I'm not really sure where to start. February and March was Festival season, and I hosted the Dubai Food Festival Academy at Dubai Food Carnival. In my interactive cooking classes I taught visitors how to use the new Lurpak Cook's Range Cooking Liquid to make their own delicious homemade pancakes.

I also travelled to Beirut to host the highly successful Lurpak Baking Studio. Going back to my home country was so much fun, and I enjoyed sharing my recipes with Lebanese home cooks. They really loved the new Cook's Range products, especially when I showed them an easier way to make a traditional Baklewe pastry dish using the Cooking Mist.

At the Taste of Dubai weekend we had the Lurpak Cooking Studio where I showcased 6 new Cook's Range recipes and did over 12 hours of live cooking demonstrations!

In April we launched 10 online video series on Lurpak's official Facebook page, LurpakArabia, where I offer my tips and tricks for how to use the Lurpak Cook's Range products. As always it was a blast to get back into the kitchen and film with my Director and Producer. We're really amazed at the response the videos got - close to 700,000 views on Facebook alone!

Just before summer Lurpak hosted their Cooking Competition in collaboration with *BBC Good Food Middle East*, which I was lucky enough to be a panel judge for. The participants in each round did very well, and I got to taste some great food prepared with the new Lurpak Cook's Range products.

The highlight for me this year has to be the Lurpak Cooking Studio at Taste of Dubai - the crowd was amazing, and it was an awesome experience to have our own demo kitchen, as well as to share my cooking tips on how to use Cook's Range products in easy, everyday dishes with everyone up close. I'm already looking forward to next year!

As a chef, what do you like about the new Lurpak Cook's Range? What's the specialty of each product?

Each product in the Cook's Range has specific benefits and uses! They're all great ingredients, and can be used in different ways – the Clarified Butter and Cooking Liquid resist high temperatures and are great for frying; the Cooking Mist, Baking Butter and Butter Blocks make it convenient and easy to get the best results at home in your kitchen.

Are there certain types of cooking that Lurpak Cook's Range is developed for? Or can I cook a wide range of things using these products?

Each product in the Cook's Range has been developed for very practical uses and applications of Lurpak Butter whilst cooking. The Lurpak Cooking Liquid is great for frying; the Cooking Mist gives your baking a perfect golden finish and it's easy to use when greasing pans; the Clarified Butter is 100% butter, it adds a rich intense taste to dishes like curries, sauces and stir fry; the Butter Blocks are pre-measured and small so they are fuss-free to use in cooking or baking; the Baking Butter is soft straight from the fridge so it easily folds into cake mixtures and gives great end results. So they're good for specific dishes as well as across a wide range of cooking methods.

How does each product from Lurpak Cook's Range add to a dish?

It has to be the taste! You can't beat the delicious taste of Lurpak Butter in your dish.

What are your favourite recipes to make using Lurpak Cook's Range products?

I really like shallow frying (anything) in Cook's Range Clarified Butter – one of my favourite dishes is Rib-eye steak with Béarnaise sauce. I also like to bake with the Cooking Mist because it's quick, convenient, and fun to use!

Are there any health benefits from using Lurpak Cook's Range, as opposed to another brand?

Personally, I don't like to use oil when cooking and prefer to use butter as much as possible. Apart from the delicious taste and obvious health benefits butter has over oil, Lurpak Cook's Range makes it easier for me to use butter in my day-to-day cooking.

CALLING ALL BAKING ENTHUSIASTS!

Register today to join Chef Paul at the next Lurpak Baking Studio series in Dubai. Morning and evening sessions will take place on October 18, 19, 20, 21, 22 and 24, enabling you to perfect your baking skills. With limited spots available be sure hurry up and register on Lurpak's official Facebook page: LurpakArabia.

لورباك LURPAK

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Delicious homemade PIZZA

Thin, crispy and intensely tomatoey, your own homemade Margherita is just a few steps away – and so much tastier than store-bought

Pizza Margherita

SERVES 4 (makes 2 pizzas) **PREP** 25 mins
COOK 10 mins EASY V uncooked

FOR THE BASE
300g strong bread flour
1 tsp fast-action yeast
1 tsp salt
1 tbsp olive oil, plus extra for drizzling
FOR THE TOMATO SAUCE
100ml passata
handful fresh basil or 1 tsp dried
1 garlic clove, crushed
FOR THE TOPPING
125g ball mozzarella, sliced
handful grated or shaved Parmesan
handful cherry tomatoes, halved
TO FINISH
handful basil leaves (optional)

Pizza is such a family winner. Master this simple basic, then you can impress everyone by adding their favourite toppings



Simple ingredients – fabulous results

1 MAKE THE BASE

Put the flour into a large bowl, then stir in the yeast and salt. Make a well, pour in 200ml warm water and the olive oil, then bring together with a wooden spoon until you have a soft, fairly wet dough. Turn onto a lightly floured surface and knead for 5 mins until smooth. Cover with a tea towel and set aside. (You can leave the dough to rise if you like, but it's not essential for a thin crust.)

2 MAKE THE SAUCE

Mix the passata, basil and crushed garlic together, then season to taste. Leave to stand at room temperature while you get on with shaping the base.

3 ROLL OUT THE DOUGH

If you've let the dough rise, give it a quick knead, then divide into two balls. On a floured surface, roll out the dough into large rounds, about 25cm across. The dough needs to be very thin as it will rise in the oven. Using the rolling pin to help, lift the rounds onto two floured baking sheets.

4 TOP AND BAKE

Heat oven to 240C/220C fan. Put another baking sheet or an upturned baking tray in the oven on the top shelf. Smooth the tomato sauce over bases with the back of a spoon. Scatter with cheeses and tomatoes, drizzle with the olive oil, then season with a little salt and freshly milled black pepper.

Put one pizza, still on its baking sheet, on top of the preheated sheet or tray. Bake for 8-10 mins until crisp. Serve with a little more olive oil, and basil leaves if using. Repeat this step for the remaining pizza.

PER SERVING 431 kcals • protein 19g • carbs 59g • fat 15g • sat fat 7g • fibre 3g • sugar 2g • salt 1.87g

Turn over for morerecipes >>

Add something extra

One of the best things about making pizzas is choosing what to put on top. Just don't overload the base or it won't cook through in time. Try these ideas, or go half and half:

★ **Kids special** Top pizza with slices of turkey and chicken before baking.
★ **Rocket, olive & Parmesan** Cook the pizza as before, with a few olives added, then top it with a handful of rocket, shavings of Parmesan and a drizzle of olive oil.
★ **Butternut squash & rosemary** Peel and cube 1 butternut squash; soften in 2 tbsp oil with 1 chopped red onion for 5 mins. Add sprigs of rosemary and 200ml water; cook for 10 mins. Stir in 2 tbsp balsamic. Put onto base, crumble over 100g feta, then bake.
★ **Veg special** Creamy mascarpone, pesto, roasted red peppers and sliced mushrooms work a treat.
★ **Deli delight** Top base with roasted peppers, aubergines and courgettes. Bake, then add pesto, pine nuts and rocket.



Deli delight



Kids special

Troubleshooting

★ **If your dough feels too wet** Add a bit more flour and work it in.
★ **The dough is too stretchy to roll out** If your dough is really resisting the rolling pin, leave it to rest for 10 mins or so, then try again. Remember, you need far more pressure when rolling dough than when rolling out pastry.
★ **The base isn't cooked** Baking the pizza on top of a preheated sheet or tray should prevent this. However, it could be too thick or have too many toppings. If the topping has cooked before the base is ready, simply cover with foil and give it another 5 mins.



Butternut squash & rosemary

More ways to use your dough

★ **Garlic & rosemary bread** Roll out dough slightly thicker than for pizza, brush with oil and stud with rosemary sprigs. Bake for 15 mins or until risen and golden. Brush with garlic butter just before serving.
★ **Calzone** Pile sauce and toppings onto one half of the dough circle, brush the edge with a little water, then fold and pinch to make a pasty shape. Bake until golden as before.
★ **Stromboli** Roll dough into a rectangle, add your favourite toppings, then roll up into a sausage shape. Brush with a little oil. Bake for 20 mins or until cooked through. Serve cut into rounds.

5 easy pizza toppings

Knock up a quick dough base, or buy ready-made, then choose one of these exciting topping ideas



Ham, mushroom & rocket with pesto

SERVES 2 **PREP** 10 mins **COOK** 15-20 mins
EASY | P | 1 OF 5 A DAY | ❄

Spread your base with **75g basil pesto**. Top with **100g chopped ham**, **75g sliced mushrooms**, a handful halved **cherry tomatoes** and some seasoning.

Bake as per box, below, then top with a handful rocket.

PER SERVING 567 kcals • protein 29g • carbs 61g • fat 23g • sat fat 4g • fibre 3g • sugar 2g • salt 3.1g

Spicy pepperoni & pepper

SERVES 2 **PREP** 15 mins **COOK** 15-20 mins
EASY | P | VIT C | ❄

Spread your base with **75g tomato passata**. Top with **40g sliced pepperoni**, **1 sliced red chilli**, **1 deseeded and sliced green pepper** and **100g torn mozzarella**. Season, then bake as per box, below. Sprinkle with a handful parsley, roughly chopped.

PER SERVING 545 kcals • protein 25g • carbs 63g • fat 22g • sat fat 11g • fibre 4g • sugar 5g • salt 2.8g

Italian goat's cheese & veggie special

SERVES 2 • PREP 10 mins • COOK 15-20 mins
EASY | V | CALCIUM | ❄

Put **2 big handfuls spinach** in a **colander**, pour over a kettle of hot water to wilt, then squeeze out any excess. Spread your base with **75g basil pesto**. Top with the spinach, **100g soft goat's cheese**, **50g halved green olives** and **50g sliced sundried tomatoes**. Season, then bake as per box, right.

PER SERVING 824 kcals • protein 31g • carbs 63g • fat 49g • sat fat 12g • fibre 5g • sugar 2g • salt 3.5g

Crispy bacon, artichoke & ricotta

SERVES 2 **PREP** 10 mins **COOK** 15-20 mins
EASY | P | FIBRE | CALCIUM | ❄

Spread your base with **200g ricotta**. Scatter over **400g can drained artichoke hearts**, **50g halved black olives** and **6 rashers streaky bacon**, cut into small pieces. Season and bake as per box, below.

PER SERVING 682 kcals • protein 32g • carbs 67g • fat 32g • sat fat 13g • fibre 6g • sugar 7g • salt 4.2g

Beef, basil, tomato & mozzarella

SERVES 2 **PREP** 10 mins **COOK** 15-20 mins EASY | 1 OF 5 A DAY | ❄

Fry **200g lean beef mince** with **1 sliced red onion** and **3 crushed garlic cloves** in **1 tsp olive oil** over a high heat for 5 mins until the beef has browned. Spread **75g tomato passata** over your base. Top with the mince mixture, a handful halved **cherry tomatoes** and **100g torn mozzarella**. Season and bake as per box, below. Sprinkle with some **basil leaves** to serve.

PER SERVING 760 kcals • protein 43g • carbs 67g • fat 36g • sat fat 15g • fibre 4g • sugar 7g • salt 2.3g GT

MAKING AND BAKING YOUR PIZZA

To make your own base, make up 300g bread mix following pack instructions. Don't rise or knead – just roll into a rough 30cm circle on a baking sheet. Or you can buy a ready-made pizza base from the supermarket.

To bake your pizza, heat oven to 240C/220C fan, then bake for 15-20 mins until crisp.

RECIPES ADAM RUSSELL | Photograph LIS PARSONS | Food styling LIZZIE HARRIS | Styling TONY HUTCHINSON

ADVERTISEMENT FEATURE



Pizza perfection with Breville

You can now create scrumptious pizzas at home with the help of the Breville Crispy Crust

Creating divine homemade pizzas in just five minutes with a multitude of cooking options and features, the Breville Crispy Crust machine is a fun and fabulous addition to any kitchen.

It's not easy turning down pizza, but why not ditch takeaways and expensive restaurant meals for the homemade variety. The nifty gadget allows you to create restaurant-quality pizzas from the comfort of your own home, plus it's super-fun to use too!

If you struggle to get your children to participate in the kitchen, we're sure they will be racing to help you with this exciting gadget. Get creative with toppings and add vegetables to pizzas, creating a fun way to incorporate nutrients into mealtime. Whether it's opting for vibrant ingredients or making a smiley face on the pizza using peppers, tomatoes and protein-rich meat for the kids, your kitchen is set to become far more interesting!

Breville's magical machine allows you to create thin, classic or mouth-wateringly thick crust pizzas using its smart temperature controls in the base and lid, giving your pizzas that brick-oven style finish. With a 12" ceramic pizza stone, homemade pizzas are given a professional finish as the Crispy Crust can reach temperatures of 350°C unlike domestic ovens.

Kids can peek at their pizza while it is being baked with the viewing window, which prevents any disruptions to the cooking temperature and keeps their teensy-weensy fingers safe.

Round up the little ones and follow the simple, fun recipe from www.foodthinkers.com. **The Breville Crispy Crust is for Dhs1,099 from www.breville.ae, Crate & Barrel, The Breville Corner at Dubai Garden Centre and Lakeland.**

Breville
Thought for food

Though this requires some prep time, keep kids entertained by involving them with this seriously simple recipe. Using the Breville Crispy Crust makes time in the kitchen plenty of fun and the family will love the end result!

WHAT WE'RE COOKING:

MARGHERITA PIZZA
Serves 3 pizzas
Prep 5h25mins (including rest time)
Cook 10mins each

WHAT INGREDIENTS WE NEED:

DOUGH
300ml warm water
1 heaped tsp dry yeast
3 tsp fine sea salt
500g strong bakers flour, sifted

TOPPING
400g whole San Marzano tomatoes
150g buffalo mozzarella, thinly sliced
18 basil leaves
Extra virgin olive oil

WHAT APPLIANCES WE NEED:

THE BREVILLE CRISPY CRUST: Kids and adults alike will love the Breville Crispy Crust, not only for the delectable results but for the convenient and fun cooking method too. Its bottom plate is a ceramic pizza stone, which replicates the environment of a brick oven while the upper plate is also heated to ensure a well cooked and crispy-crusted pizza made quickly and easily.

PREPARATION:

DOUGH
1 Combine water, yeast and salt in a large bowl, stir until dissolved.
2 Fold through flour until just combined, turn out onto a lightly floured surface and knead for 5–10 mins or until a smooth ball forms.
3 Place dough ball into a lightly oiled bowl, cover with cling wrap. Set aside in a warm area for 4–5 hours until the dough has doubled in size.
4 Turn dough out onto a floured surface and punch the dough to remove excess air before lightly kneading again.

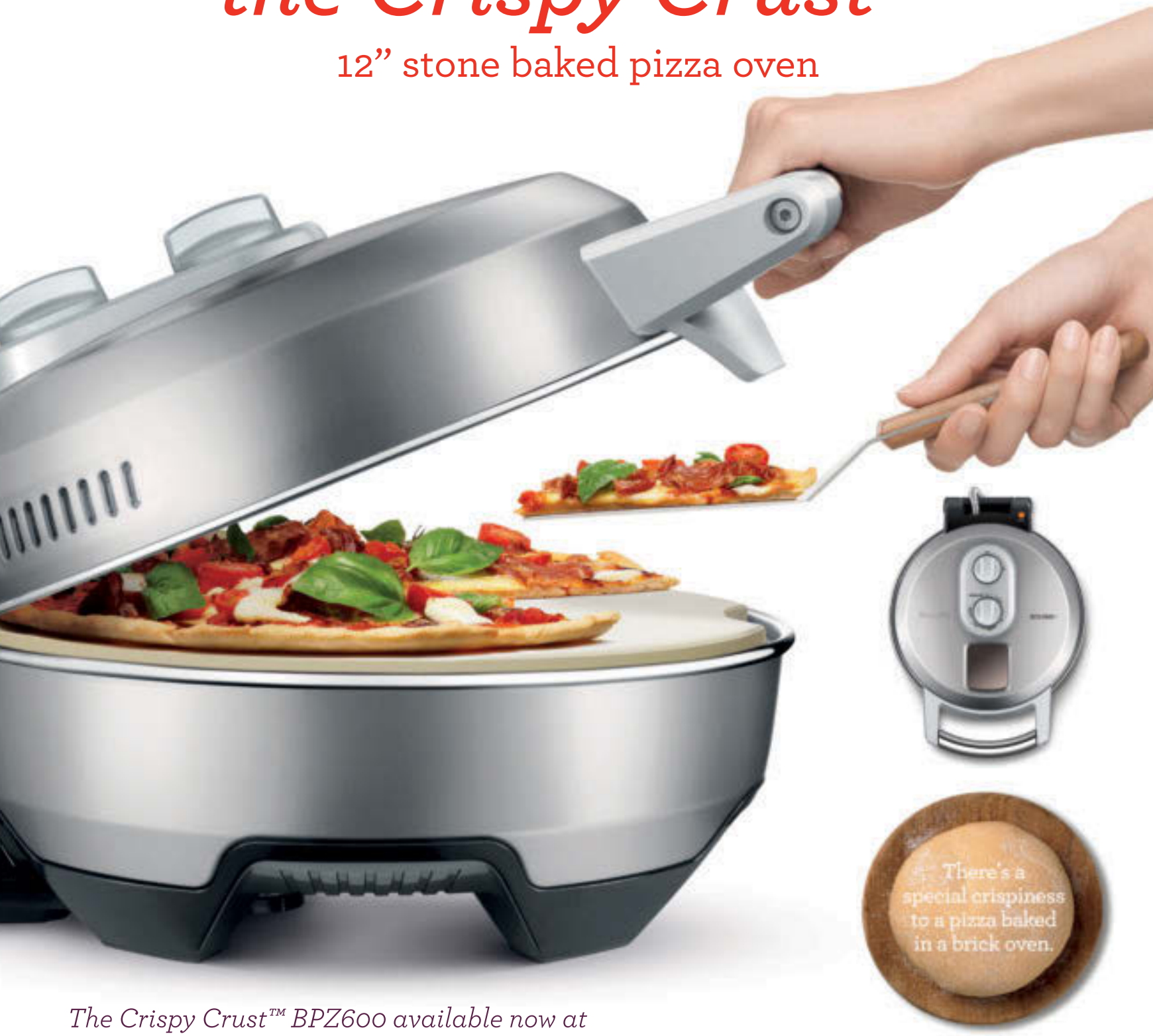
TOMATO SAUCE
1 Place tomatoes in a food processor and process until combined.

HOW WE COOK IT:

1 Turn the Crispy Crust on.
2 Select the 'Preheat' option and leave this on for 15 mins.
3 Divide dough into three 220g balls. Roll out one piece of dough to form a 24-26cm disc and place on a large square of baking paper.
4 Prick base with fork.
5 Spread base with 2 tbsp tomato sauce and divide toppings easily into three. Top with mozzarella and basil. Drizzle with oil.
6 Select 'Classic' crust setting.
7 Transfer pizza and baking paper together onto the pizza stone and close lid. Cook for 2 mins.
8 Open lid and carefully slide paper out. Close lid again and cook for 6-8 mins.
9 Monitor progress through viewing window. Topping should be cooked and golden, base crisp and brown.
10 Open lid with oven gloves and remove pizza onto chopping board. Garnish with basil leaves, cut and serve.

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Courgette tortilla wedges with pesto & rocket

SERVES 2 **PREP** 10 mins **COOK** 20 mins

EASY | V | FOLATE | VIT C | IRON | 3 OF 5 A DAY

4 tsp olive oil
2 courgettes (about 300g), sliced into rounds about the thickness of a Dhs 1 coin
6 large eggs
1 large garlic clove, finely grated
10 cherry tomatoes
3 tbsp fresh pesto (choose one with whole pine nuts)
handful of rocket

1 Heat 2 tsp olive oil in a non-stick frying pan about 25cm across, add the courgette slices and cook for 5 mins until softened, stirring occasionally. Meanwhile, beat the eggs with seasoning and the garlic in a large bowl.
2 Tip the courgettes from the pan and wipe it out with kitchen paper. Add the remaining oil to the pan and return to the heat. Stir the courgettes into the eggs, then pour into the frying pan and cook over a low heat for 10 mins until almost completely set. Slide onto a large plate, then flip back into the pan and briefly cook the other side to set the last bit of raw egg. (If you are nervous about flipping it over, you can grill the top instead.) Remove from the pan onto a board.
3 Tip the tomatoes into the pan for 2-3 mins to soften a little and char the skins. Cut the tortilla in half widthways, spread one half with 2 tbsp pesto, then top with the other half. Cut into wedges and top with the remaining pesto, the tomatoes and rocket.

PER SERVING energy 450 kcals • fat 35g • saturates 7g • carbs 8g • sugars 6g • fibre 4g • protein 24g • salt 2.2g

Food styling EMILY KYDD | Styling LUIS PERAL



Stuffed avocado with spicy beans & feta

SERVES 2 **PREP** 10 mins **COOK** 1 min

EASY | V | CALCIUM | FIBRE | VIT C | 3 OF 5 A DAY | GLUTEN FREE

½ tsp cumin seeds
210g can red kidney beans, drained
1 large lime, zest and juice of ½, the other ½ cut into wedges
3 tomatoes, diced
1 banana shallot, finely chopped
1 green chilli, deseeded and finely chopped
generous handful coriander, chopped, plus a few extra leaves
85g feta
1 large or 2 small avocados, stoned and peeled

1 Put the cumin seeds in a small pan on the hob and lightly toast. Tip into a large bowl and mix with the beans, lime zest and juice, tomatoes, shallot, chilli and coriander. Crumble in the feta and gently toss.

2 Serve on top of the avocado halves, scattering with a few extra coriander leaves and squeezing over a little extra lime from the wedges.

PER SERVING energy 411 kcals • fat 29g • saturates 10g • carbs 18g • sugars 7g • fibre 12g • protein 14g • salt 2.2g »



Greek lamb with smoked aubergine & minty broad beans

SERVES 2 **PREP** 20 mins **COOK** 15-20 mins

EASY FIBRE 2 OF 5 A DAY GLUTEN FREE

1 aubergine
zest and juice ½ lemon, plus wedges to serve
2 large garlic cloves, finely grated
1 tsp fresh oregano or ½ tsp dried
2 tsp extra virgin olive oil, plus ½ tsp
2 lean lamb leg steaks, about 100g each, all visible fat removed
100g (podded weight) baby broad beans, fresh or frozen
2 tbsp Greek bio yogurt
2 tsp tahini
12 mint leaves, roughly torn

1 Turn on your hob's largest gas flame and cook the aubergine directly over it for 7-8 mins, using tongs to turn it every 2 mins, until it is soft and the skin has charred. You can do this on the barbecue or under a hot grill if you don't have a gas hob. Allow to cool a little.

2 Mix the lemon zest, half the garlic, the oregano, some black pepper and 1/2 tsp oil, then use to coat the lamb steaks. Boil the broad beans for 4 mins.

3 Put the aubergine on a large plate and carefully remove and discard the skin. Use a knife and fork to finely chop the flesh, which should now be soft and pulpy. Tip into a bowl with the remaining garlic, the yogurt, tahini and some seasoning, and stir well.

4 Heat the griddle or barbecue and cook the lamb for 5 mins, turning once. Meanwhile, mix the beans with the lemon juice, remaining olive oil and the mint leaves. Spoon the aubergine purée onto plates and scatter round the minty beans. Top with the lamb and serve with lemon wedges.

PER SERVING energy 366 kcals • fat 19g • saturates 7g • carbs 13g • sugars 7g • fibre 11g • protein 30g • salt 0.2g



South Indian coconut & prawn curry

SERVES 2 **PREP** 15 mins **COOK** 25-30 mins

EASY LOW FAT LOW CAL FIBRE VIT C 2 OF 5 A DAY

1 large onion, quartered
½ thumb-sized piece ginger
4 garlic cloves
4 tomatoes, 2 halved, 2 cut into wedges
2 tsp rapeseed oil
½ cinnamon stick
½ tsp black mustard seeds
3 cloves
seeds from 4 cardamom pods, crushed
½ tsp ground turmeric
1 tsp ground coriander
10 fresh or dried curry leaves
½ fish stock cube
15g creamed coconut, chopped
1 red chilli, halved, deseeded and sliced or diced
150g pack raw, shelled king prawns
140g skinless cod, cut in half, then halve again to make chunky strips

1 Put the onion, ginger, garlic and the halved tomatoes in a food processor with 50ml water and blitz to a smooth purée. You may need to scrape down the inside of the food processor a couple of times. Heat the oil in a large, deep non-stick frying pan, pour in the purée, cover with a lid and cook for 10 mins.

2 Add the ½ cinnamon stick, mustard seeds, cloves, cardamom, turmeric, coriander and curry leaves, and cook for a few mins, stirring. Pour in 300ml water with the stock cube, coconut and chilli, then leave to simmer for 10 mins more. Taste to ensure that the onion is fully cooked – if not, it is worth cooking for another 5 mins.

3 Finally, add the tomato wedges, prawns and fish, gently stir into the sauce, then cover and cook for 5 mins. Serve with the Spicy cauliflower pilau.

PER SERVING energy 312 kcals • fat 11g • saturates 5g • carbs 19g • sugars 13g • fibre 6g • protein 21g • salt 1.7g

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WAYS WITH COFFEE

There are plenty of uses for the humble coffee bean other than just being used for your morning pick-me-up! You may be surprised by some of the handy tips we've found.

Much more than a caffeine-kick in a cup, coffee is a versatile ingredient that can be used in a variety of recipes, but did you know that it is also super-useful around the kitchen too? From Tiramisu to a counter-top cleaner, we've found some unusual uses for the beverage.
By Surena Chande

Coffee in the kitchen

Other than being used in food and drinks, coffee can be utilised in multiple ways in the kitchen.

Pong-free fridge

Due to spillages, food left uncovered and general usage over time, fridges can often acquire a musty and rather unpleasant smell. Coffee can be used to eliminate this stale stench by simply leaving a bowl of coffee beans on a shelf in your fridge for several hours or overnight. This works because oils from the coffee beans absorb the odours – used coffee grounds in a bowl can also be used to mask the smell temporarily.

Fresh fingers

When you've been chopping garlic, onions, fish or any other strong-scented foods, rinsing your hands with coffee grounds and water will remove the smell from your fingers. Thanks to the coarse texture of the grounds, they also work as an exfoliant – you can make full-body scrubs from coffee grounds with natural and essential oils e.g. olive, lavender or coconut – leaving you with smooth, soft hands that are free from any unwanted smells.



Photographs SHUTTERSTOCK

Cooking with coffee

Far from just a beverage, coffee can be used in a variety of recipes.

Bad breath buster

If you've been chomping on foods that may make your mouth pong – garlic, onions and milky tea – chewing on a roasted coffee bean or drinking black coffee will freshen your breath up. This is a great natural alternative to chewing gum and mints, plus it'll also perk you up, but remember that adding milk to your brew will have the opposite effect as the dairy ferments in your mouth over time.



Scrub up

Coffee grounds are great for scrubbing away stubborn food and stains stuck on dishes and countertops. Not only do you save money on chemical-filled cleaning products, but it also often works a lot faster. All you need to do is collect coffee grounds in the centre of a square cloth and bundle them in so the fabric is tightly wrapped around them – securing the excess cloth with a rubber band. Once that's done, get scrubbing to see shiny pots, pans and surfaces!



Unclogging with coffee

If you have a slightly or completely clogged sink, combine very hot water with coffee grounds and pour the mixture down the sink to clear it. Whether you do this once every few months or only when it is blocked is entirely up to you. However, with the heat in the UAE sometimes causing a strong stench from the sinks, this kitchen hack is super-useful for eradicating those smells regularly.

Meaty marinade

To add a succulent and smoky flavour to your meat, use a strong brew of coffee as a marinade along with any other spices, sauces and herbs of choice or add coffee grounds to an existing marinade. If you want a super-rich smokiness to your meat, marinade it in brewed coffee alone for one to three hours before adding other ingredients. For the best results barbecue the meat, but you can also roast the fish, poultry, pork or beef in the oven.

Adult ice lollies

Irresistible iced coffee lollies are a fabulous summer treat just for adults, they're quick to prepare and are great to have a stash off during the hotter months. To make them, all you need to do is get yourself an ice lolly mould, 2 cups of strong coffee, 1 cup heavy cream and some sugar. Dissolve a teaspoon of sugar in a ¼ cup of cream, then divide this between each compartment of the mould and freeze until it is solid. Next mix the coffee, remaining cream and sugar (to taste) in a measuring cup and stir until the sugar has dissolved, you will need 2¼ cups of the mixture. Refrigerate this until it is chilled then pour it into the moulds, filling each compartment to the top, covering with foil and inserting sticks. Freeze this until it is solid and to remove the delicious lollies, fill a large bowl or sink with hot water and dunk the mould in just over half way for 15 seconds or until they slide out. Coffee ice cream is also a great alternative, and it's perfect for serving with a warm dessert. Visit www.bbcgoodfoodme.com to find a few indulgent coffee ice cream recipes!

Coffee cake, anyone?

From cupcakes to microwave coffee cakes, we've got a host of handy recipes on our website. If you are hosting a dinner party, or simply baking cakes for people who fancy something a little less sweet, coffee is the perfect ingredient for giving the recipe a tasty and slightly bitter kick. Whether you opt for a coffee cake with buttercream or icing, a crunchy coffee walnut cake, coffee cupcakes, a coffee liqueur cake or even a coffee cheesecake, the ingredient can be used for an array of delightful creations – plus, you won't have to worry about the kids pinching them!



Beans of energy

Coffee beans coated in chocolate make for a seriously tasty treat. They're perfect for taking to work or keeping in your bag if you're out and about. To make them, simply melt chocolate of your choice in a bowl over a saucepan of boiling water, then pour in coffee beans and stir until they are fully coated. Remove them from the bowl with a fork and separate them on a tray with baking paper, you can either place these in the fridge to set as they are or you can sprinkle finely-crushed nuts or desiccated coconut on top. They're perfect for waking you up when you're having an afternoon slump in the office!



Creating the perfect cappuccino with De'Longhi

Discover the magnificent De'Longhi Eletta Cappuccino Top and learn how to make the ultimate cappuccino using the machine.

If you're looking for barista-quality coffee at the touch of a button, De'Longhi has the ideal offering for you. The Eletta Capuccino Top machine transforms coffee beans or ground coffee into delicious beverages in minutes with a variety of options to ensure that drinks are tailor-made to your tastes.

Providing an additional 'Milk Menu' allowing you to make a flat white, espresso macchiato and more, plus the ability to prepare two cups of coffee in a single brewing cycle, this is no ordinary coffee-making machine. After thorough research the brand has developed a 'LatteCrema System', which creates the 'perfect' cappuccino comprising of the following components: the perfect density, the perfect creaminess and the perfect temperature until the last drop.

Once you have indulged in your marvellous milky drink, the fully-automated machine cleans the milk carafe system – easily selected through the dial on the lid – so that your home-brewed coffee is completely fuss-free!

De'Longhi has devised a super-simple step-by-step guide to making the 'perfect' cappuccino using the Eletta Cappuccino Top machine.





Create the ultimate Cappuccino

What you'll need: DE'LONGHI ELETTA CAPPUCCINO TOP

Why we love it: The ability to completely customise our coffee was a refreshing change in comparison to other more-limited appliances we've used in the past. Following the brand's guides to make beverages meant that we weren't spending copious amounts of time using a machine that was intended to make our lives easier; it really is straightforward with the detailed control panel. This coffee-making contraption may be pricey, but it also looks incredibly sleek on your kitchen counter and you'll be saving plenty of money in the long-run by avoiding multiple trips to the coffee shop!

How to: MAKE THE 'PERFECT' CAPPUCCINO:

1 Set the coffee and milk quantity to balanced.
2 The milk foam should be at the maximum level for an extra-frothy result.
3 The delivery order must be: milk first, coffee afterwards.

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Marvellous milk

Milk now comes in an array of varieties, with each providing different benefits. From camel milk to coconut milk, here's an insight into cow's milk alternatives

We've been drinking it since the day we were born and use it with cereal, porridge, smoothies and cooking, but milk is no longer as straightforward as it once was. With new substitutes to cow's milk gradually growing in popularity and being introduced to our diets such as camel milk and almond milk, it's not easy to decide which one to opt for. Fortunately, we've looked into a selection of the different types to help you out and you may be surprised with our findings.



What: Camel Milk

Why drink it: For millenia, camel milk has been a part of the Bedouin's staple diet with its high content of Vitamin B, Vitamin C, iron and essential minerals such as calcium. The best bit is it contains a substantially lower amount of cholesterol, fat and saturated fat in comparison to cow's milk, but that's not where the benefits end. Studies suggest the drink is said to have a similar molecular structure to insulin, so it may aid those suffering with diabetes. It has also been used to help people who are anaemic due to its high iron content, which makes it a great addition to vegetarian diets. Thanks to its high content of Vitamin C, which helps to produce collagen, camel milk has anti-ageing properties too. As a natural probiotic, the beverage aids healthy bacteria growth in the gut. Surprisingly, camel milk is ideal for pregnant women as it is said to promote healthy growth of the foetus. Over the past several years the milk has grown in popularity from Middle Eastern and African natives to wide global consumption, and there are now camel milk farms in America, Europe and elsewhere. The UAE relies on the Emirates Industry for Camel Milk & Products (EICMP), which means that the milk is locally sourced from the world's leading camel milk producer that retails the drink under the 'Camelicious' name.

Nutritional values (per 100ml): 40kcal, 2.5g fat, 2.5g protein, 140mg calcium.

Text by SURENA CHANDE | Photographs SUPPLIED and SHUTTERSTOCK



What: Coconut Milk

Why drink it: Great for drinking and including in recipes, especially curries and baking, coconut milk is a versatile addition to your diet. This milk is made by taking the flesh of the coconut and grating and soaking it in hot water. Cream then rises to the top, which is skimmed off, the remaining liquid is squeezed through a cheesecloth and you're left with coconut milk! Coconuts are super-nutritious due to the high levels of fibre, vitamins (B1, B3, B5, B6, C and E), iron, potassium and calcium they offer. Again, this milk is ideal for those suffering with lactose intolerance however, it contains far less protein than camel milk weighing in at just 0.2g compared to a whopping 2.5g. An important benefit of the beverage is its ability to relieve symptoms of acid reflux or stomach ulcers, and also to help with digestion by improving the digestive system.

Nutritional values (per 100ml): 25kcals, 1.8g fat, 0.2g protein, 120mg calcium.

What: Almond Milk



Why drink it: The delightful taste of almond milk should be enough to persuade you to try it for yourself, however it also boasts plenty of nutritional benefits. The nut-derived drink is lower in calories and fat than cow's milk, high in healthy omega fatty acids and contains 50% of the recommended daily amount of Vitamin E, which protects skin. It's ideal for vegans, vegetarians and people suffering with lactose intolerance. If you're trying to lose weight, almond milk is highly recommended because it stores as energy rather than fat so if you can't go a day without milk-based drinks, use this as a substitute. The drink also contains no cholesterol meaning you'll have a happier heart – this is particularly important the older you get. Though it offers less calcium than cow's milk it still provides 30% of your recommended daily amount, helping you to form healthy bones and teeth while also reducing the risk of developing arthritis and osteoporosis. With one gram of fibre per serving it aids digestion and is unlikely to cause bloating or stomach cramps, which can sometimes occur after drinking other varieties of milk.

Nutritional values (per 100ml): 13kcals, 1.1g fat, 0.4g protein, 0.4mg calcium.

What: Soy Milk

Why drink it: Rich in vegetable proteins, soy milk helps to maintain calcium in the kidneys and also lowers the risk of osteoporosis. It has become remarkably popular as a lactose-free alternative to cow's milk and though it is not suitable for everyone, there is a much lower percentage of people who suffer from soy allergies. The drink is another low-cholesterol alternative to regular milk, plus the FDA also recommend incorporating 25g of soy protein into your daily meals. It tastes great in coffee and tea, so whether you're not as keen on the taste of regular milk or prefer a healthier or lactose-free option it's worth a try! However, it is vital to ensure that the soy milk you are buying is free from additives, chemicals, artificial hormones and sweeteners that some processed shop-bought varieties may contain. It is worth keeping in mind that though this controversial beverage has a number of benefits, it isn't suitable for everyone – it is said to have negative side-effects for men and pregnant women – and there is still research to be done in regards to what drinking it regularly can do to the body, along with why it may be worth drinking in lower quantities.

Nutritional values (per 100ml): 37kcals, 1.7g fat, 3.1g protein, 120mg calcium.



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Summer fruit desserts

Gorgeously ripe and juicy cherries, berries and nectarines are at their best right now. Turn them in to even more of a treat with these easy new recipes Recipes JANE HORNBY Photographs DAVID MUNNS



Coconut cherry berry fool, recipe p72

Food styling EMILY KYDD | Styling LUIS PERAL



So stunning – yet simple to make

Frozen trifle ice cream cake, recipe p72



Baked nectarines & raspberries with almonds & honey, recipe p72



Effortless make-ahead pud



Coconut cherry berry fool

You can easily turn this recipe into a frozen fool – layer the sauce, creamy mixture and fruit in an ice cream tub, scatter the macaroons over the top and freeze until solid.

MAKES 4 **PREP** 20 mins plus cooling **COOK** 20 mins
EASY 1 OF 5 A DAY

500g cherries, pitted
100ml pomegranate or cherry juice (not 'juice drink')
100g golden caster sugar
1 tsp lemon juice
1 tbsp brandy (optional)
4 x 125g pots coconut yogurt (we used Perle de Lait), cold
300ml pot double cream
4 tbsp icing sugar, sifted
4 coconut macaroons, plus extra to serve

1 Put the cherries in a saucepan with the pomegranate or cherry juice and bring to a simmer. Cook gently for 10 mins until the fruit is tender. Add the sugar, lemon juice and brandy, then simmer again for 10 mins until the liquid becomes a little thicker and syrupy. Leave to cool – if you want to do this quickly, pour the mixture into a metal roasting tin.
2 Put the yogurt, cream and icing sugar in a large bowl and whip until thick but not stiff.
3 Put half the cherries and their syrup in a blender or processor and pulse until very smooth. Ripple this through the cream and yogurt. Crumble the macaroons and add one-third to 4 glasses or bowls. Spoon some of the fool on top, and add some of the remaining cherries. Repeat the layers, and finish with more crumbled macaroons. Serve with extra macaroons on the side, if you like.

PER FOOL energy 926 kcals • fat 59g • saturates 40g • carbs 89g • sugars 86g • fibre 3g • protein 7g • salt 0.2g



Frozen trifle ice cream cake

If you find yourself with a glut of berries, stick them in the freezer ready to make this delicious dessert when the occasion arises. The instant frozen yogurt mixture can also be enjoyed on its own.

SERVES 8-10 **PREP** 30 mins plus at least 7 1/4 hrs freezing and chilling **NO COOK** EASY VIT C

vegetable oil, for greasing
250g pack good-quality Madeira cake, sliced thinly into about 15 pieces
4 tbsp Marsala, sweet Sherry or brandy
450g frozen summer berries (or ready-frozen ones)
500g pot full-fat, Greek-style yogurt
5 tbsp icing sugar, sifted
2 x 1-litre tubs vanilla ice cream
14 mini meringues
2 tbsp chopped toasted hazelnuts

1 Grease then line the base and sides of a deep, 20cm round loose-bottomed cake tin with baking parchment. Cover the base of the tin with slices of cake. Fill any gaps with small pieces, trimmed to size. Spoon over 2 tbsp of the alcohol.
2 Put 300g of the fruit and the yogurt in a processor. Add the sugar, then pulse until smooth, thick and creamy. Spoon half of the frozen yogurt onto the cake mixture, then scatter with half of the remaining fruit and poke it in. Freeze for about 11/2 hrs until firm. Put the rest of the yogurt mixture into the freezer too.
3 Let 1 tub of ice cream soften a little, then spoon it on top of the berry layer and flatten with the back of the spoon. Freeze again until firm, then repeat the layers, poking the meringue shells into the top of the ice cream and scattering with the nuts to finish. Freeze for at least 6 hrs, or ideally overnight. Can be frozen for up to 2 weeks.
4 To serve, take the cake out the freezer and chill in the fridge for 30 mins. Defrost times will vary depending on how cold your freezer is. Remove the parchment and slide it onto a cake stand or plate. Leave for another 30 mins to soften in the fridge. Dip a knife in boiling water, dry and slice the cake. Do this before each slice for a good clean cut.

PER SERVING (10) energy 620 kcals • fat 31g • saturates 18g • carbs 71g • sugars 63g • fibre 2g • protein 13g • salt 0.7g



Baked nectarines & raspberries with almonds & honey

This is one of those desserts that suits a smart dinner or a family barbecue just as well – and one of the simplest ways to showcase summer fruit. Prepare the entire recipe up to the end of step 2 and chill for up to 4 hours, then bake when you sit down to eat.

SERVES 4 **PREP** 15 mins **COOK** 30 mins
EASY LOW FAT VIT C 1 OF 5 A DAY

125ml white wine
2 tbsp clear honey
4 ripe yellow-fleshed nectarines
100g crunchy amaretti biscuits
1 large egg yolk
1 vanilla pod, split and seeds loosened
1 tbsp toasted flaked almonds
1 tbsp golden caster sugar
1 tbsp butter
175g raspberries
clotted cream or thick Jersey cream, to serve

1 Mix the wine and honey, and stir to dissolve. Halve and stone the nectarines, and place them, flesh-side up, in a medium ceramic baking dish. Crush the biscuits well, then add the yolk, 2 tbsp of the wine mixture and the flaked almonds. Mix together, then spoon into the nectarines where the stones were. Use all of the mixture.
2 Scatter the sugar over the nectarines, then top each mound of biscuit mixture with a little knob of butter. Pour the remaining wine and honey around – but not over – the fruit, add 1 tbsp water, then tuck in the vanilla pod. Can now be chilled for up to 4 hrs.
3 Heat oven to 180C/160C fan. Bake the nectarines for 30 mins until the fruit is soft and the biscuit filling is crisp and golden. Carefully stir the raspberries through the pan juices, then leave to cool for 15 mins before serving with cream.

PER SERVING energy 253 kcals • fat 7g • saturates 3g • carbs 35g • sugars 34g • fibre 4g • protein 5g • salt 0.1g Ef





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Kitchen notes

Nutrition advice, cooking tips and product picks for your pantry.



Reader tip of the month

The fastest way to blanch tomatoes is to place them in boiling water for a few minutes, then into a big bowl filled with ice and water. When you see the skin splitting from the tomatoes, take them out and peel.

– Elena Rodrigues

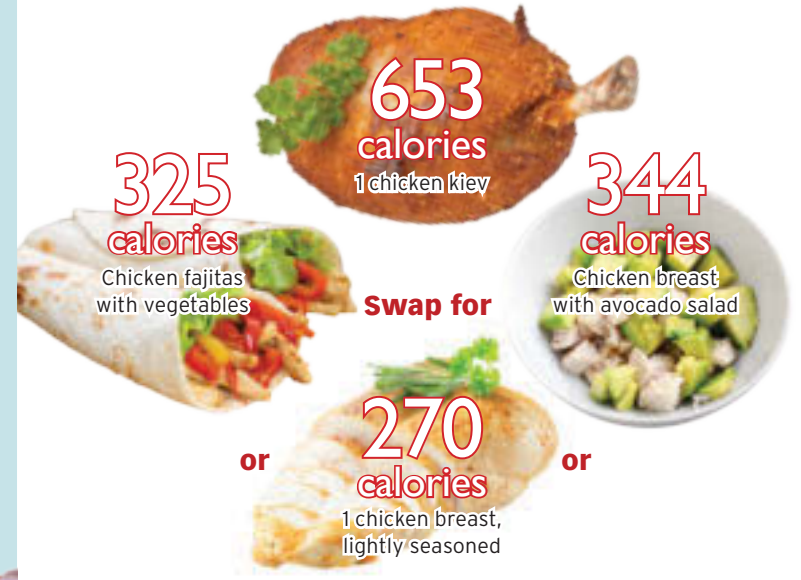
Got a great tip you want to share?
Get in touch with us on facebook or twitter

A healthy moo-vement

We love SugarMoo's decadent desserts, but the brand has introduced new healthy offerings that taste just as fabulous. The 'HealthyMoo' range has four filling, low-calorie desserts. Each addition is designed to suit a variety of tastes, while still containing nutritious, raw ingredients. Made up of dates, raw cocoa and nuts, the succulent Raw Energy Bombs are brilliant bite-sized treats for when you are on-the-go. The wholesome Cherry and White Chocolate Chunk Oatmeal Cookies are chewy and full of flavour with every bite. An innovative addition to the HealthyMoo menu, the Vanilla Chia Seed Pudding is refined sugar-free and uses raw vanilla beans as opposed to processed vanilla. Our favourite healthy dessert from the menu is the Allergy-Free 'Crazy Cake', which may resemble the brand's other indulgent delights but contains no eggs, no dairy and no butter, plus it's just as scrumptious as the naughtier SugarMoo options. The cake comes in bar-form, but if you've got an event coming up, it can be customised! The new range starts from Dhs15. To order, call 80078247 or visit www.sugarmoo.com.



SMART FOOD SWAPS



Health update> SUGAR SHOCKERS!

Holiday season is over for most of us and though vacations and time off often lead to an indulgent few weeks, for the sake of you and your little ones these are the key foods and every-day items to cut out for a healthier lifestyle:

Orange juice that glass of OJ you give to the kids before they head to school that you may have believed to be 'harmless' is actually loaded with sugar – especially if it's not freshly-squeezed. It's far better to give them the actual orange to eat.

Ketchup we all love a plate of chips drizzled with ketchup, but did you know the saucy treat is filled with sugar to mask the acidic taste of tomatoes. Instead, why not make a fresh homemade tangy salsa? The same goes for branded ready-made pasta sauces that can contain up to a cup of sugar; make your own by blending tinned tomatoes, adding herbs, garlic and seasoning to taste.

Flavoured yoghurt opt for plain yoghurt with added fruits, cinnamon powder and honey, but avoid stocking up on ready-flavoured ones as nutrients from the fruit are lost, and sugar and colourings are added instead.

Super-healthy, super-tasty



Tosi's goodies were the snack of choice at the 2015 Oscars and now you can enjoy it too at Aswaaq supermarkets! Gluten-, wheat- and dairy-free, the Tosi SuperBites have endless benefits and are still super-tasty. The bars are rich in Anti-Oxidants, a great source of natural plant protein and keep you full and energised for hours. We think it's time to put down the chocolate and try these nutritious nibbles. Dhs180 (box of 12 bars) at Aswaaq.

Look what we found! 3 great new products for your kitchen



We can't get enough of this coconut concoction. Vita Coco drinks are about as close as you'll get to fresh coconut water without actually sticking a straw in one! Coconut water is super-hydrating and full of nutrients. Dhs11.50 at Spinneys, Carrefour, Choithrams and Géant.

A great source of omega-3, flaxseed is crammed with goodness. Bob's Red Mill Brown Flaxseed can be eaten whole as a snack, added to baking recipes or ground in a food processor to top smoothies. Dhs20 at leading supermarkets.





For a lavish treat, these Handmade English chocolate boxes are ideal for gifting to friends and family or spoiling yourself with. Dhs45 at Fortnum & Mason, Downtown Dubai.

Compiled by SURENA CHANDE | Photographs SUPPLIED; SHUTTERSTOCK



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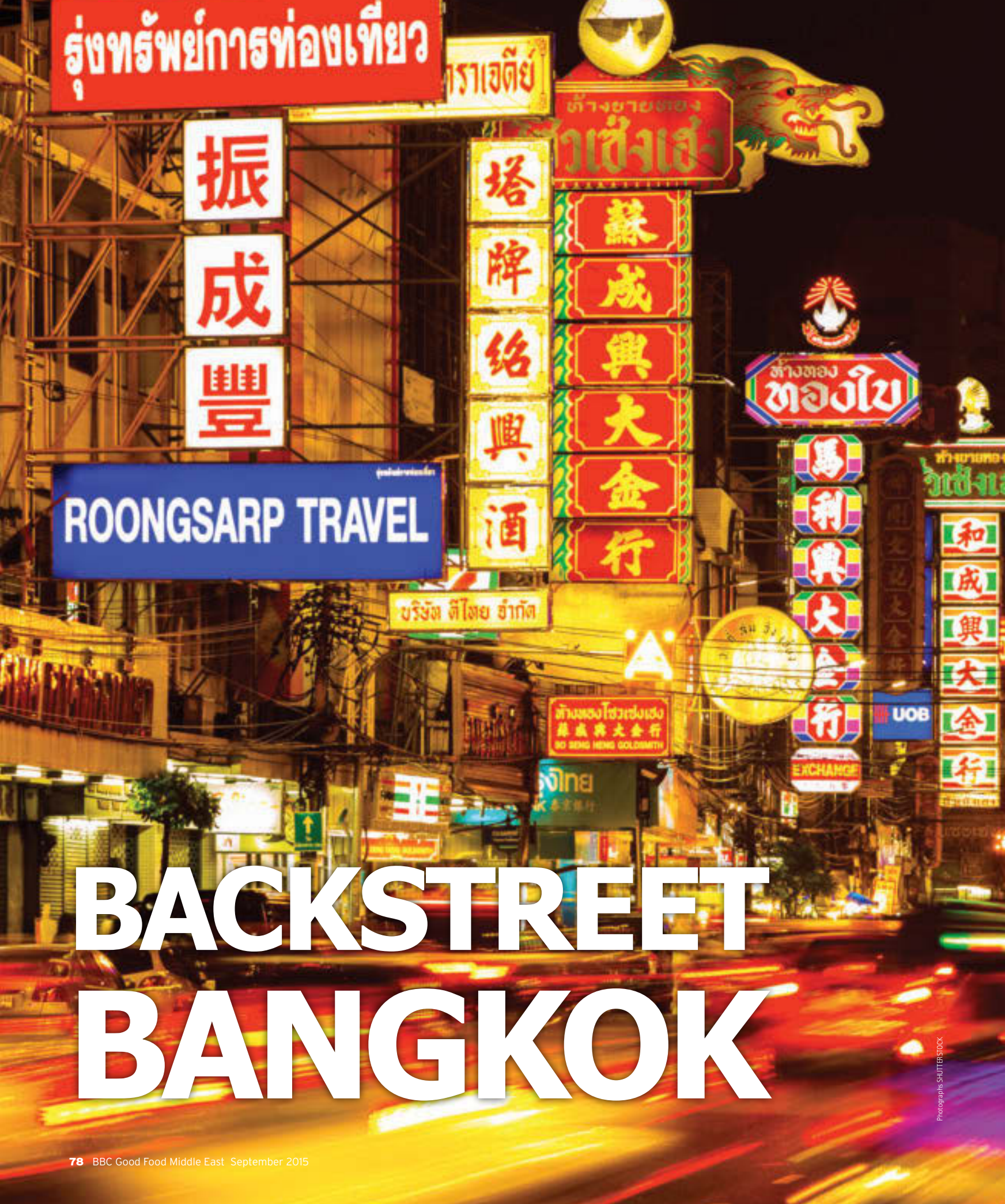






IN THIS SECTION

✳ Take a culinary journey through the exciting streets of bustling Bangkok, **P78** ✳ Getting to the heart of Italian cuisne, **P86**
✳ The little ones get creative during a fun lunchbox competition, **P92** ✳ Foodie news from around the world, **P96**



BACKSTREET BANGKOK

Photographs SHUTTERSTOCK





It's said that the best way to experience a place is through its food, which can most definitely be said for Bangkok – if of course, you take the street food route. Join us on a backstreet tour, of one of the most colourful culinary city getaways. By Sophie McCarrick.

Whether visiting this vibrant city for a day or for a week, you could wander the streets of buzzing Bangkok for miles, handing out no more than a couple dozen baht to find yourself bursting at the seams with an endless supply of mouthwatering food – all served from makeshift roadside trolleys.

Exploring here, any visitor will find it a challenge to locate a street corner without a row of food carts, lined up dishing out freshly made meals like noodle soup, fish cakes, chicken satay, Khanom Bueang (a coconut-stuffed rice flour crepe taco), Khao Niew Ma Muan (mango sticky rice), countless varieties of curry, and of course Pad Thai, the popular Thai-style, chewy rice noodles that come served mixed into gooey omelettes. And with prices ranging between just 10 to 100 bahts per helping (Dhs 1 to Dhs 10), these dishes most certainly guarantee your moneys worth.

The culinary, backstreet adventure of Bangkok is a complete celebration of the senses. With each and every dish, ready yourself to be greeted with a fresh and fragrant ingredient like lemongrass, coconut milk, galangal or kaffir lime.

Perhaps thought to be a unique combination – but nonetheless irresistibly delicious – Thai cuisine presents its diners with four prominent tastes – salty, sour, sweet and spicy (and, as a tip, saying your preference is "not spicy" to a Thai local will be taken as spicy, in standard, international terms. Be sure to insist that you don't want your food 'Thai spicy", if you're not a fan of heat). A medley of regional influence, Thai food comprises culinary components learnt from neighboring countries of Burma, Cambodia, Indonesia, and Vietnam.

And what's best? You can find it any time of day, at any point in the city. Bangkokians are known for enjoying small portions of food regularly throughout the day, meaning many find themselves tucking in at all hours of the night and morning. There's even a midnight food tour available in the city (Bangkok's Best Eats Midnight Food Tour, is the one I went on), which is given by tuk tuk. On this tour you explore the local favourites >>


Pad Thai


Som Tam


Oyster omelette


Tom Yam soup


Sate

Khanom Bueang



Bamee



– places a newbie tourist would never find, including the city's best Pad Thai at an eatery called Thip Samai, where people queue alongside an open-street 'kitchen' of industrial barrels and the biggest woks you'll ever see – just to grab a seat for a few minutes.

Led by tour or not, the only way to enjoy Bangkok's food scene is to allow your senses to do the talking – your nose is sure to lead the way through the bustling streets as you discover one of the world's most exciting street food scenes.

WHILE LOSING YOURSELF IN GLORIOUS GASTRONOMY, BE SURE TO BE ON THE LOOK OUT FOR THESE FABULOUS FOODIE FINDS:

SOM TAM Freshly pounded papaya salad with chilies, peanuts, garlic, tomato, fish sauce, tamarind juice and a generous squeeze of lime, topped with dried shrimp or salted crab.

GAI PAD MED MAMUANG Chicken stir-fried with the crunch of cashews, onions and red chilies.

PAD THAI Thai-style noodles fried in a wok along with veggies, seafood or meat, bean sprouts, fennel and egg. Accompanied with fish sauce, palm sugar, chili powder and a sprinkle of ground peanuts.

TOM YAM SOUP A clear soup made with a broth of fragrant herbs and lots of chilies (yes, it's a hot one!)

OYSTER OMELETTE Crisp and crackling omelettes topped with glossy oysters.

BAMEE Chinese-style wheat and egg noodles, typically served with slices of barbecued pork, a handful of greens and/or wontons.

SATE Grilled skewers of meat, accompanied by slightly sweet peanut-based dipping sauce.

HO MAK PLA Baskets made with banana leaves that are layered with herbs, fresh fish, red curry paste and egg, baked and topped with coconut cream.

KHAO NIEW MA MUAN Mango with sticky rice (you'll find streets dotted with stalls offering this deliciously addictive dessert).

KHANOM BUEANG A Thai crepe that resembles a taco but is made with rice flour. They are crisp and stuffed with coconut or flavoured cream and shredded coconut.



STAYING THERE:

Placing you in the vibrant centre of the Pratunam neighborhood in downtown Petchburi, Amari Watergate Bangkok is the perfect location for visitors wanting to be in the thick of it all, without feeling overwhelmed.

The hotel offers contemporary and sophisticated accommodation inclusive of 569 deluxe and grand deluxe rooms plus suites, and is every bit a snazzy city spot, which is able to cater to all needs and ages. Situated in an area known for its bustling landscape of shopping malls, markets and roadside eateries, the property is surrounded by Bangkok treasures to ensure you're never without something exciting to do – whether it be business, leisure, or simply some family foodie fun, Amari Watergate lends an insiders hand to making the most of your stay in Bangkok.

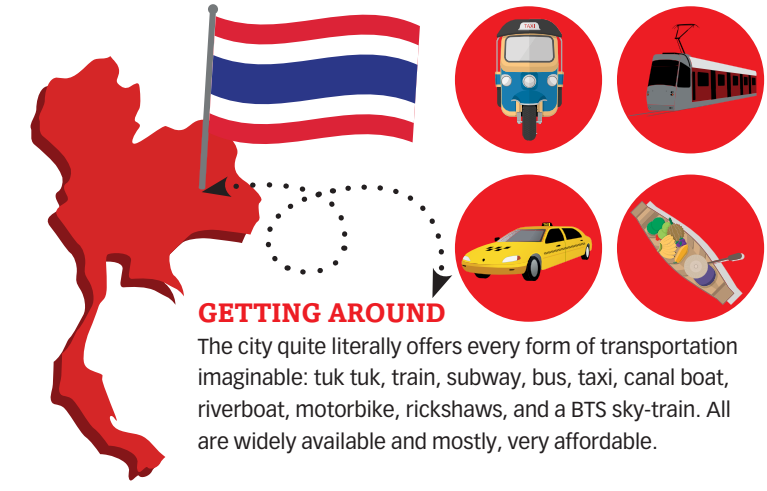


You'll also not be lost for food at this hotel – within the property alone there are six different outlets to choose from. Serving up everything from southern Chinese cuisine at Heichinrou, flavours of ancient Siam in stylish Thai on 4, authentic grills and drinks at Henry J. Bean's Bar and Grill, Asian and Western specialties from Promenade, baked goods and deli items from Cascade, plus day time snacks and smoothies from the poolside 'Pool Bar'.

Room rates start from Dhs 270 ($75) a night for a deluxe twin room. For more information, visit: www.amari.com.

GETTING THERE:

Thai Airways offers direct, daily flights between Dubai and Bangkok. Ticket prices start from around Dhs 2,300 per person for a return journey. www.thaiairways.com.



GETTING AROUND

The city quite literally offers every form of transportation imaginable: tuk tuk, train, subway, bus, taxi, canal boat, riverboat, motorbike, rickshaws, and a BTS sky-train. All are widely available and mostly, very affordable.



DID YOU KNOW?

Bangkok began as a small trading centre and port community on the west bank of the Chao Phraya River some 200 years ago. And, while today the city has caught up with modern times, every corner of Bangkok still has an intriguing story of depth and history to tell. >>

PLACES TO SEE

Bangkok is not only a melting pot of mouthwatering cuisines, but a vibrant city that is rich in history, abundant with the friendliest of people, unparalleled shopping opportunities and interesting attractions.

The Grand Palace and Wat Phra Kaew (Temple of Emerald Buddha)
Located on the same site, it is without doubt a that the Grand Palace and Wat Phra Kaew are two of the most cherished and well-known attractions in all of Bangkok. A must-see.

Wat Pho (Reclining Buddha)
Home to the giant, golden reclining Buddha, Wat Pho is the site where the original Thai massage was created.


The Grand Palace and Wat Phra Kaew (Temple of Emerald Buddha)

KEY WORDS

Hello sawadee ka/krap
Thank you kop kun ka/krap
Want ao
Don't want mai ao
Yes chai (or ka/krap)
No mai chai
Spicy pet
Not spicy mai pet

Wat Arun (Temple of the Rising Sun)
Situated along the Chao Phraya River, this temple is breathtaking – particularly in the evening as its lights glisten against the river's water.

Pak Khlong Talad
A flower market like no other, supplying every exotic type of flower you can imagine. A stunning sight to see.

Chatuchak Market
With around 15,000 vendors, there's nothing you won't find on a shopping spree here.

Jim Thompson House & Museum
The Jim Thompson House is the home of James H.W. Thompson, a self-made American entrepreneur who was the founder of the world renowned Jim Thompson Thai Silk Company.

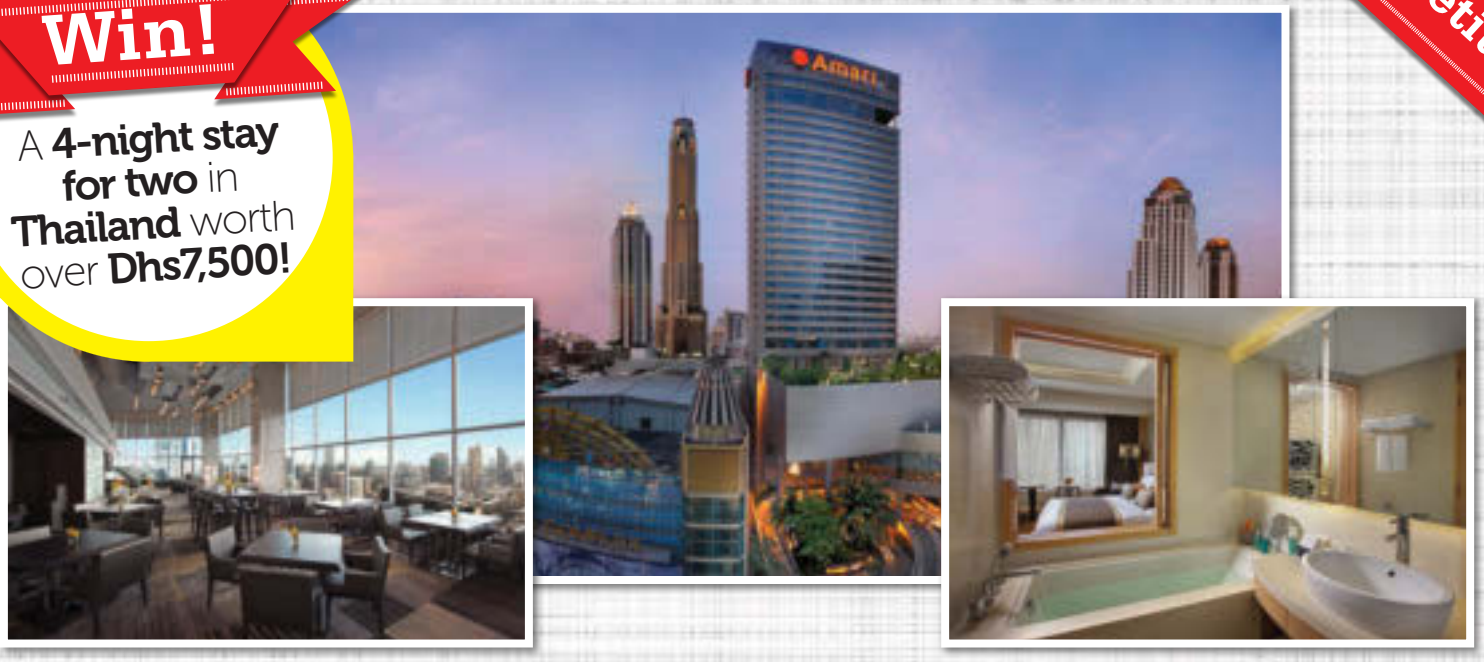
Sophie's Bangkok photo diary:



Competition

Win!

A **4-night stay for two** in **Thailand** worth over **Dhs7,500!**



Enjoy an exciting four-night stay for two at the Amari Watergate Bangkok with daily breakfast, a complimentary dinner and spa treatments, plus two vouchers for Bangkok midnight food tour

Feel the excitement of Bangkok at your very doorstep. Amari Watergate Bangkok puts you in the heart of the vibrant Pratunam neighbourhood in downtown Petchburi, known for its bustling landscape of shopping bazaars and lifestyle malls.

At Amari Watergate Bangkok, you are just steps away from all the city has to offer. Step into the hotel's lobby and immerse yourself in its relaxed ambience. Your spacious room - with panoramic views of the city centre - offers all the comforts that will put your body and mind immediately at ease.

Included in your prize is a four-night stay in an Executive Room, daily breakfast, access to beverages and snacks at the exclusiveExecutive Floor, a dinner for two at Thai on 4, Breeze Spa treatments for two and two complimentary vouchers to the popular Bangkok Midnight Food Tour by Tuk Tuk, giving you a unique view of the city's street food scene.

The prize draw for a four-night stay for two people at the Amari Watergate Bangkok worth over Dhs7,500 will be made at the end of September 2015. The prize is valid until 31 March 2016, reservations are required and confirmation is subject to availability. The winner must arrange their own travel to Bangkok, but airport transfers between the airport and hotel are included.

Scan this QR code to go straight to our website.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

What is the Amari Watergate Bangkok's spa called?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



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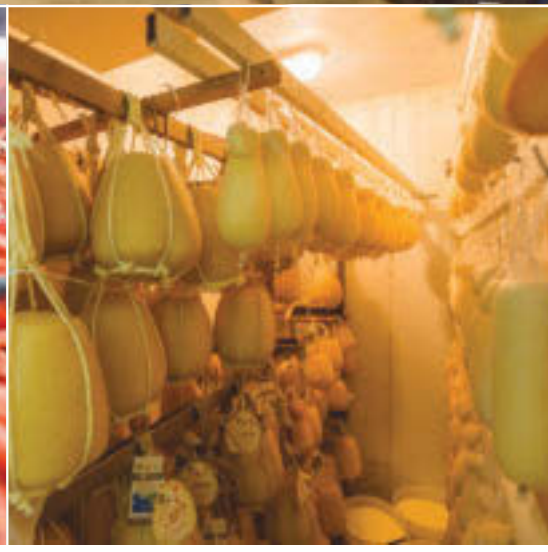
(Almost) everything you know about ***Italian food*** *is wrong. . . .*

It may be one of the world's most popular cuisines, but it's also one of the least understood. On a recent four-cities-in-one-week tour with three vans full of Dubai-based Italian chefs and food writers, Dave Reeder rediscovered authenticity.

Photographs SUPPLIED; DAVE REEDER and LORENZO ROSSANO







Being popular can be a curse. Just consider Italian cuisine - what hotel or food court doesn't offer pizza and pasta? It's arguably the most popular go-to cuisine, partly because its simple flavours are unthreatening, partly because we've all been sold into a dream of sun-dappled afternoons in Tuscany with rustic dish after rustic dish being brought to the table.

And, despite such abominations as canned spaghetti hoops in sugary tomato sauce, Italian food trades heavily on an image of pure ingredients, old-fashioned tastes and rustic authenticity. Trouble is, most if what we think we know just ain't so!

Whilst our belief is that Italian food is more emotional than intellectual, what passes as Italian food in many places is actually Italian-American - dishes created by immigrants to New York City who couldn't find their normal ingredients and had to reinvent dishes. Key difference: a much greater use of meats, sausages and garlic. In Italy, a typical meal starts with a big plate of antipasti - usually vegetables like mushrooms and artichoke heart together with a selection of cured meats. Next is a small pasta dish - emphasis on 'small' - followed by a light protein, such as a simply prepared leg of lamb.

> *The reality is that real Italian food is deeply traditional and built on basic and flavourful ingredients, which emerge from the seasons and the locale.*

Spot the difference there to what too often passes as Italian food in anywhere but the top rung restaurants? Nothing is smothered in tomato ragout or a thick creamy sauce, spaghetti is not piled inches high and so on. The reality is that real Italian food is deeply traditional and built on basic and flavourful ingredients, which emerge from the seasons and the locale.

The deeper reality is that Italian cuisine is a complete misnomer! Instead, we should be talking about deeply regional cuisines that share many similarities but equally differ radically. Think olive oil and pasta are ubiquitous? Tell that to chefs in the north where butter and polenta are more common…

Traditionally, Italian food has been intensely local and simple, based purely on ingredients that came from the locale - a village ten miles away could have radically different dishes simply because ingredients differed. Remember too that the country didn't exist before the unification of most of present-day Italy between 1859–66. Before that, the territory was a mix of Greek, Etruscan, Celtic and other cultures before, around the 11th century, numerous Italian city-states rose to great prosperity. Add to that mix that many of the core elements of Italian cuisine only arrived on its shores after the discovery of the New World - tomatoes, corn, beans, peppers and potatoes, for example.

That said, olive oil can be considered as the cornerstone of most Italian cooking, used to braise, fry and drizzle. However, often overlooked is the ubiquity of vegetables - not just garlic and onion, but intense green vegetables that are often the stars on the plate. Add Balsamic vinegar and Grana Padano or Parmigiano-Reggiano and you have a basic line-up ready to go.

Surprising to many, fish is also a staple in the Italian diet, both fresh or canned in oil, like sardines. Cured meats are also ubiquitous. In fact, preservation is a central element in the Italian kitchen, whether that pork turned into sausage and salami, olives into EVOO, grapes into wine and vegetables into pickled vegetables.

What all this means is that, in an Italian kitchen, the traditional flavours are so intense that they don't need messing with. Add starch in the form of rice or pasta and nothing more is required. I once heard that the best, most authentic Italian dishes contain no more than five ingredients, but they must be quality ones! For hundreds of years Italian cooking has followed a very simple principle: food is best when it's cooked fresh and in season. >>



Going regional

Each part of Italy has its own food specialties, both at the regional and provincial level. Influences vary but it can be a bordering country such as France, the presence of sea or mountains. And, of course, Italian cuisine is seasonal with priority placed on the use of fresh produce. Here are the key areas and some of their specialties.

Friuli-Venezia Giulia Historical links with Austria-Hungary shaped food here. Typical dishes are pitina (smoked meatballs), game and various types of gnocchi and polenta.

Veneto Venice and Veneto are known for risotto, using fish/seafood or pumpkin, asparagus, radicchio and frogs' legs. Polenta is typical as is pasta e fagioli (beans and pasta) or risi e bisi (rice and peas). Squid and cuttlefish are common ingredients, as is nero di seppia (squid ink). Typical desserts include tiramisu and nougat.

Trentino-Alto Adige A combination of Venitian and Austrian influences see typical products like traditional speck juniper-flavoured ham, goulash, knödel, apple strudel, sauerkraut and lard.

Lombardy This regional cuisine is heavily based upon ingredients such as maize, rice, beef, pork, butter and lard, with rice dishes like risotto being very popular - such as risotto alla milanese, flavoured with saffron. Also typical is ossobuco alla milanese (veal shanks) and cotoletta alla milanese (similar to Wiener schnitzel). Regional desserts include panettone.

Piedmont Perhaps the most refined and varied Italian cuisine as a union of traditional Italian and French cuisine, plus the largest number of cheeses. Slow Food was born here, with regional products including nuts, mushrooms, cardoons, truffles and garlic. Carpaccio is also popular here. The most typical dish isagnolotti (pasta folded over with a roast beef meat and vegetable stuffing) and Piedmont is the home of Nutella.

Liguria Herbs, vegetables and seafood are central to this cuisine, as are savory pies (greens, artichokes and cheeses). Wheat is not grown here, so chickpeas are used in farinata and polenta-like panissa.

Emilia-Romagna Emilia-Romagna is known for its egg and filled pasta made with soft wheat flour. The Romagna subregion is known as well for pasta dishes like cappelletti, garganelli, strozzapreti, sfoglia lorda and tortelli alla lastra or very peculiar cheeses like squacquerone. Balsamic vinegar is only made here as is Parmigiano Reggiano and Grana Padano.

Tuscany Simplicity rules here: legumes, bread, cheese, vegetables, mushrooms and fresh fruit, for example. Typical dish is the soup ribollita, using leftover bread, cannellini beans and cheap vegetables. The region is also well known for game, often served with pappardelle.

Umbria Dishes are often prepared by boiling or roasting with local olive oil and herbs - vegetable-based in spring and summer; meat and black truffle-based in autumn and winter. Meat dishes include wild boar sausages, pheasants, geese, pigeons, frogs and snails.

Marche Fish, seafood, sausages and hams (eaten in chunks, not sliced) are staples here. Rosemary or fennel fronds and garlic are often stuffed into fish or meats before they are roasted or cooked on the spit. In the south, a key dish is olive all'ascolana - stoned olives stuffed with minced meats, egg and Parmesan, then fried.

Lazio Pasta dishes based on guanciale (unsmoked bacon from pig's jowl or cheeks) are common, such as pasta alla carbonara and pasta all'amatriciana. Also common is pasta arrabbiata, with a spicy tomato sauce. Offal is widely eaten. Best-known cheese is Pecorino Romano, made from ewes' milk.

Abruzzo and Molise Chili peppers (peperoncini) are typical of Abruzzo and lamb dishes are common. Lamb is often used with pasta. Wild mushrooms, rosemary and garlic are common. Local olive oil is often cited as the best in Italy

Campania Heavy volcanic soil around the Gulf of Naples gives local tomatoes, peppers, spring onions, potatoes, artichokes, fennel, lemons and oranges a special flavour. Fish and seafood are popular and the province is one of the largest producers and consumers of pasta in Italy, especially spaghetti - spaghetti alla puttanesca, made with olives, tomatoes, anchovies, capers, chili peppers and garlic, is typical. The region is also well known for its mozzarella, especially from the milk of water buffalo. Pizza, of course, originated in Naples.

Puglia This is a major food producer including wheat, tomatoes, zucchini, broccoli, bell peppers, potatoes, spinach, eggplants, cauliflower, fennel, endive, chickpeas, lentils, beans and cheeses, as well as being the largest producer of olive oil in Italy. The region is known for pasta made from durum wheat and dishes feature orecchiette-type pasta, served with tomato sauce, potatoes, mussels or cime di rapa.

Map Photograph SHUTTERSTOCK

Basilicata This cuisine is mainly based on reasonably-priced ingredients and is deeply anchored in rural traditions. Pork is integral, often made into sausages, roasted on a spit or dried as lucanica and soppressata. Wild boar, mutton and lamb are also popular. The best-known pasta is capunti, thick and short oval pasta that looks like an open empty pea pod. Typical dishes are lagane e ceci - pasta prepared with chickpeas and peeled tomatoes - ciaudedda - vegetable stew with artichokes, potatoes, broad beans and pancetta - and baccalà alla lucana - salt cod.

Calabria Macaroni is typical here, often served with goat, beef or pork sauce and ricotta. Also common is frìttuli - boiled pork rind, meat and trimmings in pork fat - spicy sausages, goat and snails. Melon and watermelon are used in salads with ham. The local pizza variety, Calabrisey, is spicier than a Neapolitan one.

Sicily Much of the island's cuisine uses fresh vegetables such as eggplant, peppers and tomatoes, as well as fish such as tuna, sea bream, sea bass, cuttlefish and swordfish. A North African influence sees couscous-based dishes usually combined with fish and specialties include arancini - deep-fried rice croquettes - pasta alla Norma, caponata, pani ca meusa and cannoli.

Sardinia Common are suckling pig and wild boar are spit roasted or boiled in stews of beans and vegetables, thickened with bread, together with mint and myrtle.

Where to eat

Italian food is very specialised and rightly so. Chefs and restaurants specialise so, if you want a pizza then (naturally) you go to a pizzeria. Watch out for these:

* **Bar/Caffe -** These places serve coffee, juices and alcohol with snacks like sandwiches.
* **Birreria -** A beer bar.
* **Bruschetteria -** An outlet specialising in bruschetta.
* **Gelateria -** An ice cream shop.
* **Osteria -** Restaurant with a local, rustic menu.
* **Paninoteca -** A sandwich shop.
* **Pizzeria -** A pizza restaurant.
* **Polenteria -** A polenta restaurant.
* **Ristorante -** An upmarket restaurant.
* **Rosticceria -** A fast food restaurant, based on local dishes.
* **Spaghetteria -** A pasta restaurant.
* **Tavola Calda -** A cafeteria style restaurant serving pre-made regional dishes.
* **Trattoria -** A family run restaurant.


Tomatoes, cheese and basil - perfect!


Pride in produce and artisan quality is everywhere in Italy.


Lampredotto is a typical Florentine peasant dish, made from the fourth and final stomach of a cow.



Cannoli ready to be filled on demand.


The healthy Italian diet!

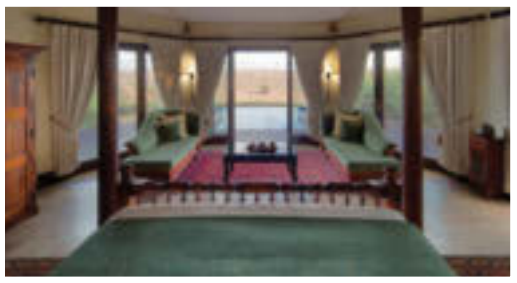
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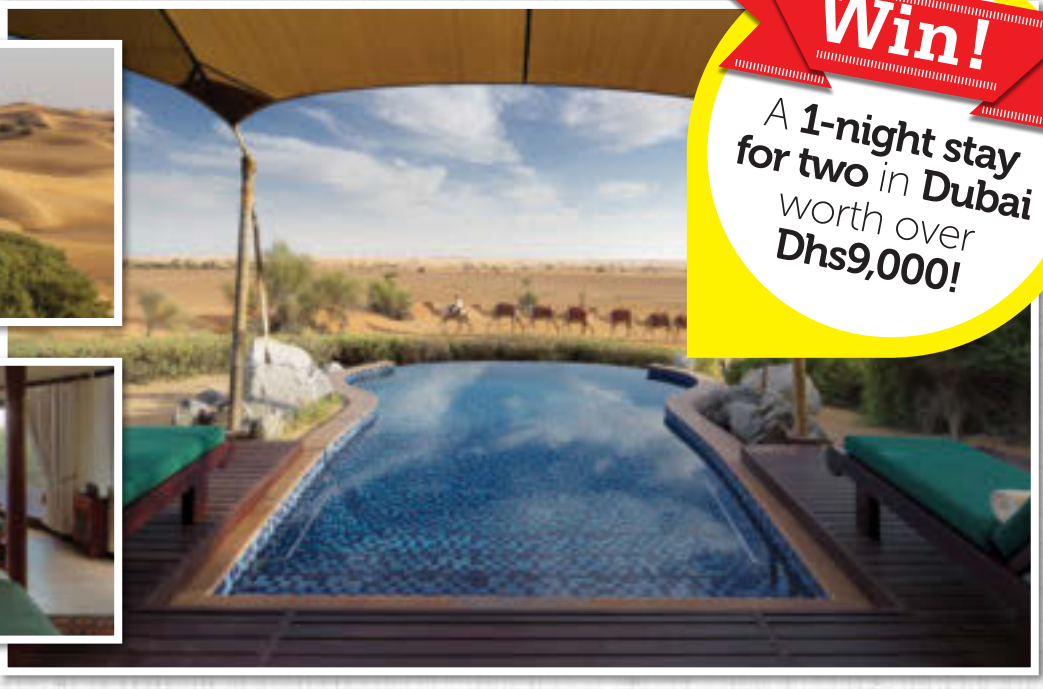
TOMORROW TODAY

Dave Reeder flew to Milan and returned via Rome on Emirates, who operates flights to Milan three times daily, with one flight serviced by the iconic A380 and one flight that operates on to New York JFK, as well as flights to Rome three times daily, with one flight serviced by the iconic A380. Economy class fares to Milan start from Dhs3,835 and business class fares from Dhs 18,435. Economy class fares to Rome start from Dhs3,575 and business class fares from Dhs16,725. Some flights and classes offer regional Italian dishes on the in-flight menus. Emirates also fly to Bologna and Venice. www.emirates.com

Competition







Win!

A **1-night stay for two** in **Dubai** worth over **Dhs9,000!**

Land in the lap of luxury with a local getaway at Al Maha A Luxury Collection Desert Resort & Spa, Dubai in a Bedouin suite on full-board basis with complimentary spa treatments and daily activities

This beautiful boutique hotel set away from the hustle and bustle of the busy city was designed to resemble a wildlife reserve, much like those found in Africa, Malaysia and Indonesia, and is located within the Dubai Desert Conservation Reserve (DDCR).

Unlike other hotels in Dubai, the resort has opted for minimalistic décor and architecture, while allows the breath-taking natural surroundings to wow its guests instead. The resort is home to a variety of animals and birds including Oryx, Arabian Red Foxes, Gazelles, ospreys, falcons, owls and eagles.

The Bedouin suite, where the lucky winner will be staying on a full-board basis, features a private pool, a custom-made king-sized bed and authentic and rare handcrafted Arabian furnishings. Also included in the prize is two activities per day per person (these range from archery and falconry to horse riding and guided nature walks) and a one-hour spa treatment per person at Al Maha's Timeless Spa.

The prize draw for a one-night stay for two people at Al Maha A Luxury Collection Desert Resort & Spa, Dubai worth over Dhs9,000 will be made at the end of September 2015. The prize is valid until 30 March 2016, reservations are required and confirmation is subject to availability.

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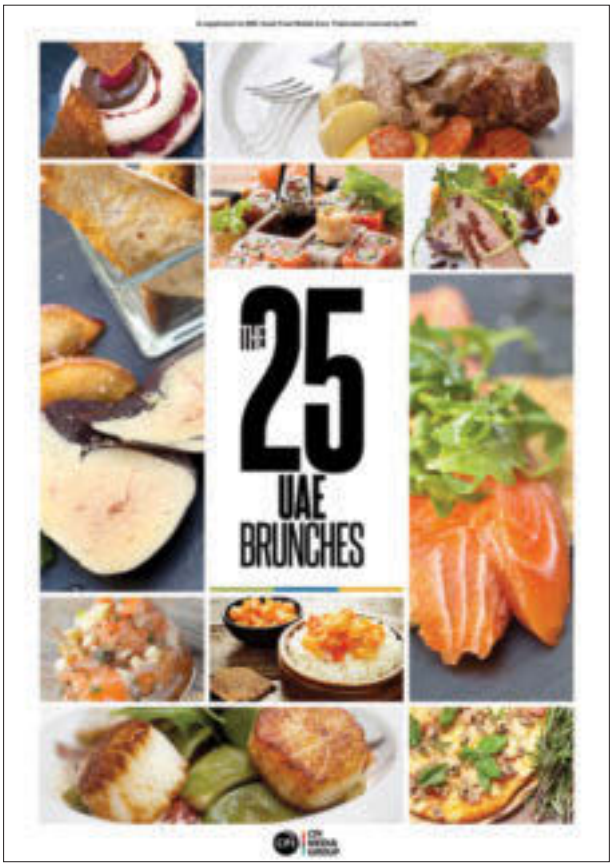
Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

What are two activities that the resort offers?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

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Spinneys Creative Lunchbox Competition



A selection of Food Club members and their children were invited to participate in a fun-filled morning of events with Spinneys and *BBC Good Food ME*

Our lovely Food Club members and their little ones.

Spinneys and *BBC Good Food ME* teamed up to create the Spinneys Creative Lunchbox Competition, an exciting and informative day where 15 children were given the opportunity to create healthy, nutritious and delicious lunchboxes. There were prizes to be won – three wonderful Spinneys hampers filled with goodies – and lots to be learnt with the help of Colette Shannon from Spinneys and Nutritional Therapist, Vanessa Kahler.

The morning began with an informative talk from Vanessa who explained the key points to remember when packing children's lunchboxes, along with handy tips and trick to ensure that they have the healthiest lunch possible. For example, Vanessa advised parents to opt for plain yoghurt over the sugar-filled and flavoured varieties, along with diluting juices with water if children were to drink juice at all.

Our keen participants were soon let loose to rotate around the seven food stations, which included: fruits, vegetables, dairy, carbohydrates, protein, Spinneys Ready-To-Eat range and drinks. Once they had selected the ingredients and snacks for their lunchboxes it was time to get creative and we were certainly not disappointed!

From fruit skewers made with juice carton straws to smiley faces created with vegetables, the judging panel – that consisted of Vanessa, Colette and *BBC Good Food ME's* Acting Editor Sophie McCarrick – knew it wasn't going to be an easy decision. However, after deliberating and evaluating how nutritious, tasty and exciting the lunchboxes were, they settled on three fabulous winners: Alana Grigsby, Shrey Baherwani and Thenuli Gamage.

To be in with the chance of attending our next Food Club event, sign up to become a member at bbcgoodfoodme.com.

Take a look at these snaps from the day.



....and, they're off!

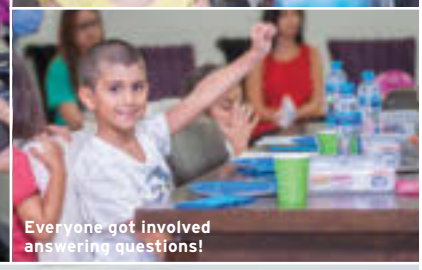


Delicious dips and spreads from Spinneys.


The children all came up with brilliant, creative names for their lunchboxes.


A quick read of the rules before getting started.


Say cheese!


Everyone got involved answering questions!


That's some serious concentration!


It's deliberation time for the judging panel.




The judges check out what's inside the lunchbox


Acting Editor, Sophie was really impressed with Alana's lunchbox.


Goodie bags for all!



The winners! Thenuli, Alana and Shrey.

Text by SURENA CHANDE | Photographs MAKSYM PORIECHKIN

Want to be a part of our next Food Club event? Then sign up for a Premium membership on bbcgoodfoodme.com to get priority confirmation. You can also like us on **facebook.com/bbcgoodfoodme** and follow us on **twitter.com/bbcgoodfoodme** to get all our latest updates and join the foodie conversation!

Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.

WIN! VOUCHERS FOR THE SPARKLING BRUNCH PACKAGE DELPHINE, THE H HOTEL, WORTH DHS1,560



Two winners, who can bring a guest each, will have the chance to indulge in the divine Delphine Brunch with the Sparkling Brunch Packages. The glamorous affair features a host of international and Californian-inspired dishes, but be sure to save space for the great dessert offerings too!

WIN! A BBQ DINNER BUFFET FOR FOUR GUESTS AT HORIZON, AMWAJ ROTANA, WORTH DHS1,076



One lucky winner and three guests will win a delicious BBQ dining experience inclusive of house beverages at Horizon, Amwaj Rotana, one of JBR's premier buffet restaurants. The restaurant offers fresh, tasty food with a live BBQ, sushi station, cheese station and hot dessert station. Families are welcome as Horizon features a special kids' buffet and fun corner with plenty of activities to keep little ones busy.



WIN! PRIVATE CHEF EXPERIENCES WITH CHEFXCHANGE, WWW.CHEFXCHANGE.COM, WORTH DHS1,000 EACH

ChefXChange allows you to search for, discover and book chefs from all over the world using just your phone or the company's website. Whether you're looking for a chef for a special occasion or simply prepare your meals for the week, the brilliant initiative means you can search for chefs, view their reviews and select from cuisines too! Two lucky winners will win private chef experiences worth Dhs1,000 each in this super-simple competition. To be in with a chance of winning, head to www.chefxchange.com, sign up as a 'Foodie' and input 'BBC' before your first name. Two lucky winners will be announced by October 5.



WIN! A DINING VOUCHER AT BARREL 12, PALM VIEWS, WORTH DHS500

Enjoy a delicious meal with guests at Barrel 12, a unique urban sports bistro, worth Dhs500. The eatery uses top-quality ingredients to treat diners to a diverse selection of British classics with a modern twist. Sports fans can enjoy watching major sporting events from Barrel 12's large TV screens and during the cooler months, guests can dine on the outdoor terrace with beautiful views of Dubai's landmarks.

WIN! A MEAL FOR FOUR AT THE NOODLE HOUSE, WORTH DHS500



One winner and three guests will enjoy a scrumptious meal at The Noodle House. You'll have the chance to sample dishes from the restaurant's brand new menu, which features 28 new dishes, 37 classic favourites and 15 different noodle options. The new offerings include Prawn Satay, Singaporean Curry Laksa and Tom Yam Goong.

WIN! GIFT HAMPERS FROM SPINNEYS WORTH DHS500 EACH



Two lucky winners will be winning hampers full of Spinneys treats that are worth Dhs500 each. The fabulous selection is full of fine food from around the world and the range features plenty of nutritious and delicious snacks and ingredients such as mango and yoghurt snack bars, tubs of mixed nuts and even sparkling juices!

WIN! A DINING VOUCHER AT THE SUN& MEDITERRANEAN LOUNGE, PALM VIEWS, WORTH DHS500



Indulge in a delicious meal with guests at Sun& Mediterranean Lounge. The restaurant is the ideal place to relax with sharing plates made from local ingredients such as Chargrilled Octopus with Butternut Squash Puree and Churros Bolas with Milk Jam and Strawberry Preserve for a sweet treat!

To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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Taste of the world

All the foodie news from around the globe.



Europe *eats*

Heading to Europe this month? You picked the perfect month to go – with more than a dozen foodie festivals due to take place, here are a few you should be on the look out for. To kick-start the month, until September 6 the Stuttgarter Weindorf festival in Germany will offer up pretzels galore, or you'll find more than 200 stalls serving dishes that range from pancakes to rakfisk (rotten fish!) at Matstreif in Norway from September 11-12. Now, calling all seafood lovers, from September 24-27, the Galway International Oyster and Seafood Festival will take place, or, for a taste of Italy's best cheese, 'Cheese 2015' will happen from September 18-21 in the small town of Bra, Italy. Then, from September 19-20 the Abergavenny Food Festival in south Wales will play host to 220 local produce stands – organic fans eat your heart out! All in all, it appears that Europe is the foodie place to be this month!

A Brits *brilliant burger*

A leading food scientist from Oxford University has made claims that he knows the formula for creating the 'perfect burger'. The food perception expert ,Charles Michel, says that the perfect burger is precisely 7cm tall, should be eaten to music, given a name and should feel as good as it tastes. But, that's not all. The best burger should be 5cm wide, according to Michel, boast nine layers and comprise warmed seeded burger bread sprayed with sesame seed oil, chipotle sauce, lettuce and sliced gherkin, vine- ripened tomato, serrano ham, deep-fried onion, melted Camembert cheese, wagyu beef seasoned with BBQ sauce and onion, ketchup and finally a splash of soy sauce on the lower bun. Who's going to give it a try?



Anyone fancy a 200-course menu?



Turning the tables of today's impromptu 40-minute restaurant sessions, which comprise a quick drink and a slap-dash kind of meal, comes the 200-course set menu by London's Bompas & Parr (yes, that's 200, individual, dishes). Served over a 24-hour period, the dining experience represents the world's longest tasting menu, with each dish being served as a super small portion. In total there are ten courses, with each one offering 20 dishes, served over a two-hour period. The cost to attend such an event? Dhs11,365 (£2,000)!



Tuna showcase in Phuket

Beyond Karon in Phuket, Thailand, the adults-only boutique resort is taking fresh line-caught tuna and creating a new range of dishes as it highlights one of the world's most renowned fish from September 1 to November 15. Diners at the resort will be able to savour four unique ways of enjoying local Phuket tuna fish, caught in the Andaman Sea waters off the beachfront resort. The concept is to let the flavour of the tuna fish come to the fore; celebrating it as a fine, fresh fish from local Thai waters. In this sense the dishes use simple and uncomplicated ingredients to keep the focus on the fish and its health benefits. Dishes will include emperor tuna in herb tomato sauce, seared tuna with soy sauce and salt bean crumbs, marinated tuna with vinegar and wasabi cream, plus more!

Text: SOPHIE MCCARRICK | Photographs: SHUTTERSTOCK

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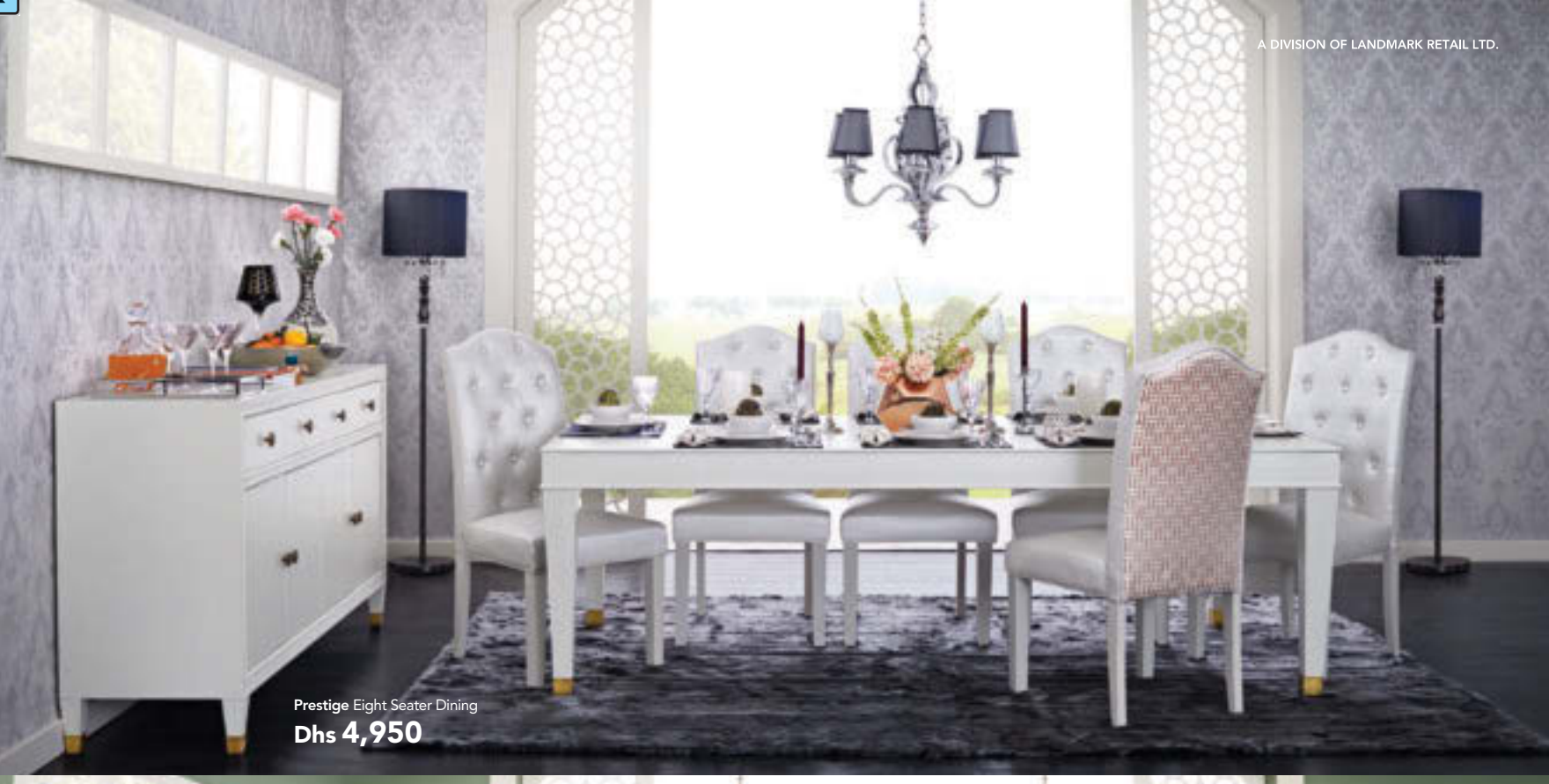


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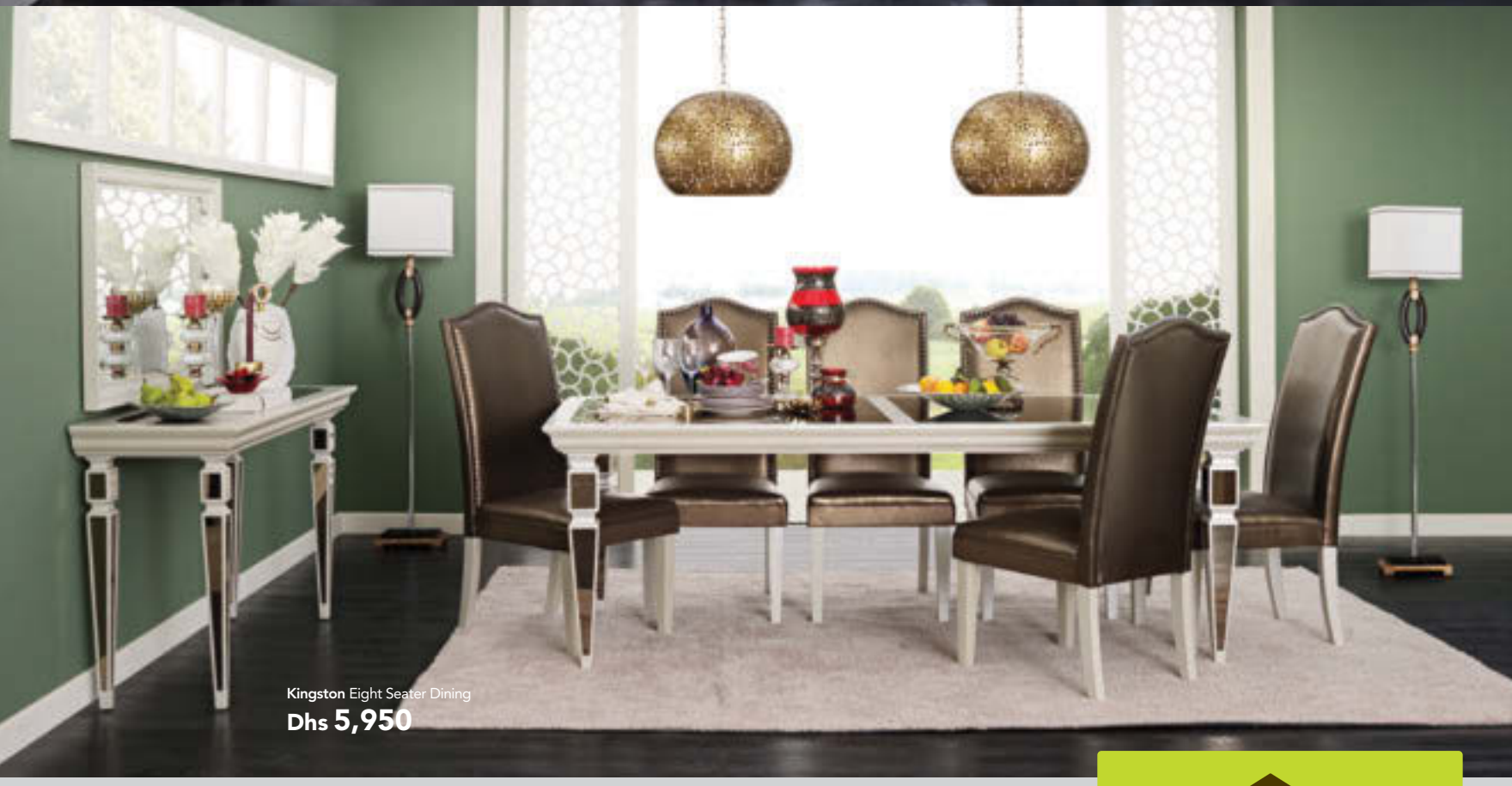
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